



## Reduce the amount of time your child spends with screens

Screens are here to stay. But that doesn't mean your child should be glued to one all day long.

Too much screen time can lead to obesity, addictive behavior and poor performance in school. So make a point of getting your child away from the screens and on the path to a healthful, active life.

To manage her screen time:

- Set limits. Decide on a reasonable amount of recreational screen time and stick with it.
- Avoid using screen time as a reward or punishment. It'll make it seem even more important.
- Offer alternatives. Your child could read, head outside for some fresh air or just daydream.
- Keep screens out of bedrooms. Kids who have devices in their rooms consume much more screen time than kids who don't.
- Walk the walk. Let your child regularly see you turn off the laptop and put down your phone.

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