

Reduce Screen Time



- limit the amount of time your child has on screens each day
- (TV, DVD, tablet, ipod, phone, DS, or computer)
- no screens in children's bedrooms
- put your screens away when speaking with your child
- encourage other activities like singing, talking, reading, or playing games while you travel, shop, or have a meal together

Why? Although screens are a part of our world and have many positive aspects, humans need human contact to learn social skills and to feel love.