

REDUCE SCREEN TIME – Just Put It Down!

Spending too much time with technology?



WHAT TYPES OF TECHNOLOGY?

- Phones, tablets, video games, social media, computers, and even television

RISKS OF EXCESSIVE AND POOR QUALITY SCREEN TIME:

- Increased chance of obesity
- Loss of social skills
- Behavioral Problems
- Sleep interference/deprivation
- Increased likelihood of depression, anxiety, attention disorders

WARNING SIGNS:

- Withdrawal or isolation
- Moodiness
- Lack of sleep
- Depression
- Device addiction

WHAT CAN YOU DO?

- Regulate amount of time online or playing games and set up schedule of allowed times
- Ensure only age appropriate apps/games are being used
- Supervise use
- Discuss dangers with child
- Use parental control
- No screens of any type in the bedroom
- No usage 1-2 hours before bedtime
- Charge all devices in central location away from bedroom
- Set time limits such as: None for ages below 2 yrs old, 1 hr/day for ages 2-10, 2 hrs/day for 10+
- Allow use only after all other priorities are completed such as homework and chores.
- Lead by example!

For More Information Please Visit: ThePutItDownProject.com