HEALTHY SCREEN TIME & DIGITAL TECHNOLOGY USE

TIPS FOR BALANCE

Screen time and technology use can be **part of a healthy lifestyle when they're balanced** with other activities. These activities can include physical play, outdoor play, reading and sports.

Tips For Balancing Digital Technology Use

Make rules about screen time and digital technology use: Your family rules might cover things such as where, when, and how your child can use the digital technology. Your rules may include time limits to help your child balance screen time with other things, like physical activity.

Aim for short screen time sessions: It is best for your child to have short time sessions and take regular breaks. You can encourage this by setting a timer, and playing outside once the timer has gone off.

Get your child moving: It is a good idea to encourage physical activity for your child. This can be outside, such as playing with balls, playing chasey, OR indoors, such as dancing and star jumps.

Avoid screen time and digital technology use before bed: Screen time before bed can affect how quickly your child falls asleep. By avoiding mobile phones, tablets, or computer screens in the hour before bed, it may help you child to get to sleep more quickly.

Keep digital technology out of bedroom at night: If you keep devices out of your child's bedroom at night, they won't be able to stay up late playing games or messaging friends. It will also stop them being disturbed in the night by messages or notifications.

When you help your child choose good quality apps, games, YouTube, as well as balancing screen time, you will help your child to learn to make good choices about free time when they're older.

(source: raisingchildren.net.au)

LAUGHTER IS THE BEST MEDICINE

Why did the coach go to the bank?

To get his 'quarterback'!