

REDUCING SCREEN TIME



Sitting and watching screens for long periods contribute to poorer health outcomes for children. We encourage active play including eye-tracking activities.



Here are some tips to limit screen time:

- ★ Discourage screen time for under-2s and limit screen time to less than one hour every day for children aged two years or older – less is best!
- ★ Provide regular activity breaks to limit the amount of time a child spends sitting
- ★ Be a role model by reducing your own screen use
- ★ Replace TV time with reading time, story time or doing jigsaw puzzles together
- ★ Eye-tracking activities e.g. bubbles or ball play
- ★ Do not have screens in any bedrooms
- ★ Store DVDs, consoles, tablets and electronic games out of sight
- ★ Include plenty of opportunities for active play – both inside and outside
- ★ Alternative activities to the screen should be fun, engaging and challenging.