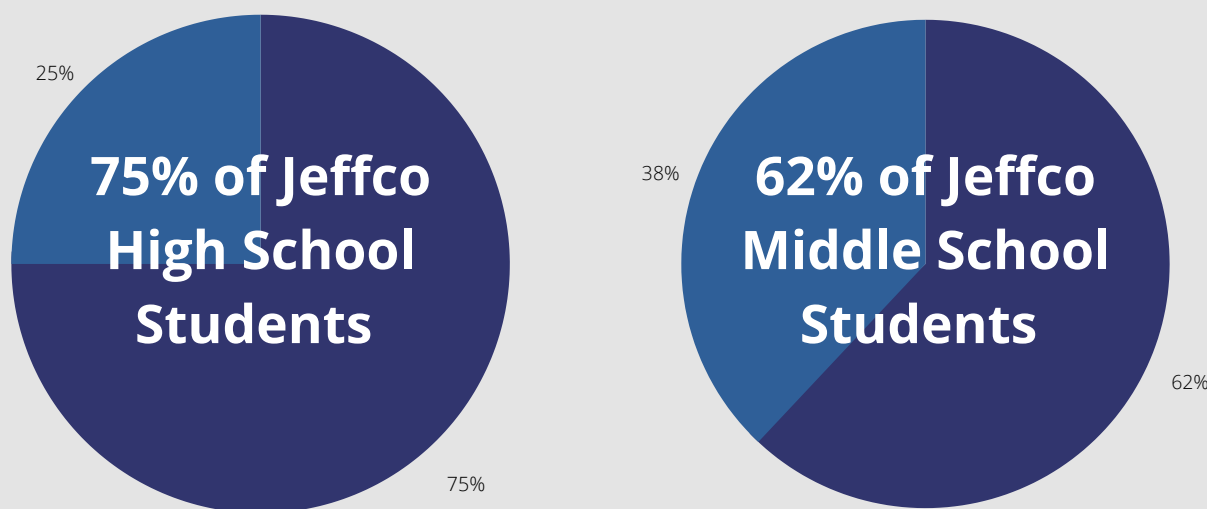


# HEALTHY HABITS: FAMILY EDITION

## SCREEN TIME & TECHNOLOGY

### JEFFCO SPECIFIC DATA



Report spending 3+ hours on an electronic device for something other than schoolwork each day

2021 HKCS Survey Data

### MENTAL HEALTH IMPACTS OF TOO MUCH SCREENTIME

- Insomnia
- Depression and low self-esteem
- Decreased physical activity
- Attention span problems
- Behavioral issues



### SHARE A BOOK

A simple way to teach children the importance of healthy habits is through books.

- Check out our [Screen Time and Techology Book List](#)

### TIPS FOR PARENTS

- Lead by example
- Leave the tablet at home
- Turn off all screens during family meals
- Learn about parental controls and what your child is accessing
- Turn off screens and remove from bedrooms 30-60 minutes before bedtime

### ADDITIONAL RESOURCES

- Child Mind Institute- [Media Guidelines for Kids of All Ages](#)
- Top 5 Internet Safety Tips for parents: [VIDEO](#)
- [Screenfree.org](#)
- Internet Guides and Resources-[InternetMatters.org](#)

### MEDIA GUIDELINES FOR CHILDREN

- **0-18 Months**
  - No screen time, unless used for video chatting
- **18-24 Months**
  - Limit to watching educational programming with caregiver
- **2-5 Years**
  - Less than 1 hour per day
- **6-10 Years**
  - Less than 1.5 hours per day
- **11-13 Years**
  - Less than 2 hours per day
- Create your own [Family Media Plan](#)

American Academy of Pediatrics

### FREE Seminar Session for Parents & Caregivers

Join us for one of two free sessions to learn more about **Navigating the Challenges of Screens & Technology**

- May 4, 2022 5:00pm - 7:00pm
- May 5, 2022 10:00am - 12:00pm
- Register [HERE](#)

