



Best Practices to Reduce Screen Time

With screens virtually everywhere, monitoring a child's screen time can be challenging. Some screen time can be educational and support children's social development; other screen time can be addictive and lead to distraction or withdrawal.

Here are some tips to manage your child's screen time.



Set clear boundaries

Establish certain times throughout the day when screens are off-limits, such as during meals or before bedtime.



Create screen-free zones

Designate certain areas around your home that are off-limits for digital use. Consider not allowing your child's phone in their room at nighttime. Access to a phone can be very disruptive to a child's sleep.



Prioritize offline activities

Make a strong effort to encourage activities that don't involve screens, such as reading a book, physical activity, or participating in a school club or hobby.



Utilize screen-time management tools

Take full advantage of built-in features contained in smartphones and apps to track screen time use and set daily limits.



Model good screen-time management

Your child watches you. Limit your own screen time. Make sure your child sees you engaging in non-screen activities.



Be consistent

The hardest part is being consistent. Making less screen time part of your family's routine will help create healthier habits.



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