

SCREEN SMART PARENTS: TOP TEN TIPS

SCREENS* ARE PART OF KIDS' LIVES -- TO KEEP KIDS SAFE AND HEALTHY, HERE'S WHAT YOU CAN DO...



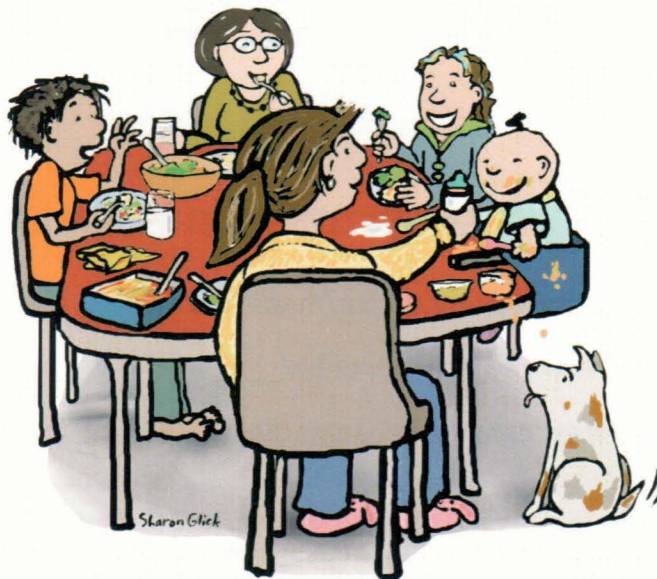
1. **KNOW WHEN IT'S TOO EARLY:** Under 2 YEARS; Screen time is not recommended before 2 years of age

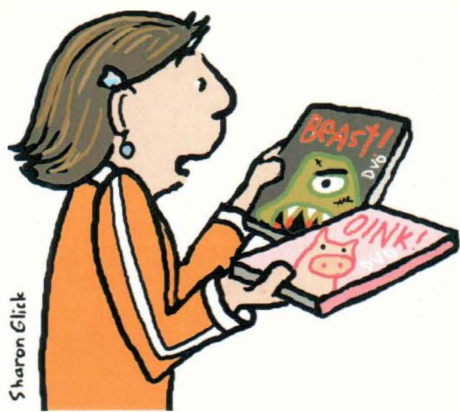
2. **KNOW WHEN IT'S TOO MUCH:** Less than 2 HOURS; Understand the full range of media in your child's life and limit non-school related screen time to under 2 hours per day

3. **SEPARATE VIEWING FROM CHEWING:** Don't eat in front of the TV or other screen media; make meal time...family time

4. **MONITOR CONTENT:** Content matters—know what your child is watching; look for quality educational programs

5. **KEEP SCREENS OUT OF THE BEDROOM:** Keep them in a place where you can monitor time and content





6. **PROMOTE MINDFUL VIEWING:** Eliminate background TV; be selective about viewing; avoid channel surfing; reduce exposure to advertisements

7. **WATCH WITH YOUR CHILD:** Monitor your child's reactions and be prepared to answer your child's questions about programming; avoid using TV as a babysitter

8. **AGREE AS A FAMILY ABOUT SCREEN TIME:** Discuss and agree on limits: "this is what we do in our house"

9. **PROMOTE LESS SCREEN TIME...MORE GREEN TIME:** Get outside and play!

10. **BE A ROLE MODEL:** Limit your own screen time viewing; watch less than 2 hours per day; be mindful when you watch...and turn it off when no one is actually watching!



*Screens include TV, computer, DVDs, Videos and Video Games, hand-held devices, etc.

*This flyer was developed by the Montana Nutrition and Physical Activity Program with the help of many sources. These sources and many other resources and tips for families can be found on our website at <https://dphhs.mt.gov/publichealth/NAPA>.

This publication was supported through a cooperative agreement (CDC-RFA-DPO8-805) with the Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity and through the Montana Department of Public Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the US Department of Health and Human Services. The Montana Department of Public Health and Human Services attempts to provide reasonable accommodations for any known disability that may interfere with a person participating in any service, program or activity of the Department. Alternative accessible formats of this document will be provided upon request.