What is screen time?
Screen time is any amount of time you spend looking at a screen – that includes watching TV, playing video games, using the computer, or looking at your phone.

Kids connect with each other and to society through their devices!
- Phones and tablets help students complete their homework.
- Playing video games can improve motor skills and coordination.
- Kids use media to explore interests and discover creative outlets.
- Media helps connect with peers.

Screen time helps with:
- School work, research and homework.
- Connecting with friends and family virtually.
- Keeping up with news and current events.
- Improved motor skills.

Too much screen time may cause:
- Poor sleep.
- Trouble in school.
- Less time reading.
- Less physical activity.
- Problems with mood.
- Poor self/body image due to unrealistic comparisons.
- Fear of missing out (FOMO).

Screen time guidelines
- 2 hours a day.
  - Consider game limits (2-3 games) vs. a time limit.
- Be a positive role model.
  - Reduce your own screen time.
- Avoid using tablets at meal times or during family outings.
- Youngest children don’t learn well from screens, but teens do.

Kids learn from example!
- **Set clear expectations** for the entire family around screens during meal and family time.
- **Join in!** Playing video games with your kids shows them that you are interested in their world.
- **Avoid the fight**: Asking a child about the game they are playing without immediately shutting it down helps them transition from a digital to “real” world.

Healthy media use boundaries
Emphasize safe media use and boundaries that fit for your family!
- Keep gaming consoles in common rooms.
- Plan media-free times together.
- Mix in active video games.
- For every video game they play, do one “real-world” activity.
- Consider game limits - For example, take a break after every 3 games.
- Explore other hobbies!

Family Challenge!!
See who can get the most steps in one day. Track it on your phone or watch and create a small prize for the winner!
For Youth

Getting Off Social Media and On Your Feet

Did you know?
Kids your age sometimes spend more than 7.5 hours in front of a screen each day? That’s more than a full-time job!

Screen time guidelines
• <2 hours of screen time outside of school daily.
• Avoid screens 1 hour before bed.
• Keep mealtime screen free.
• Avoid sleeping with devices on and focus!

Test your knowledge
When should I be on my phone?
Check one:
☐ During meal times
☐ After doing all your homework and chores
☐ Right before bed
☐ When you’re playing games with your friends
☐ During family outings
☐ After getting 60 minutes of physical activity

Use your screens to help you move during the day!
• FaceTime to “virtually” walk with your friends.
• Practice a new dance.
• YouTube a yoga session.
• Dance it out to some music.
• See how many Pokemon you can find with Pokemon Go.

Active apps!!

Ohio AAP PMP Mobile App
Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...
• Physician-endorsed materials for parents to access on-demand
• Resources for parents organized by age
• Text reminders sent monthly and/or for age milestones
• Easy sign-up
• Videos on feeding, play, nutrition and more

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