



FOR CAREGIVERS

# Getting Off Social Media and On Your Feet

## 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

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## 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!



## Active apps!!



## 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.

*These handouts are the property of the Ohio Chapter, American Academy of Pediatrics and the Ohio Department of Health and may not be altered without express permission.*

## 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

