

## WHAT IS CONSIDERED SCREEN TIME?

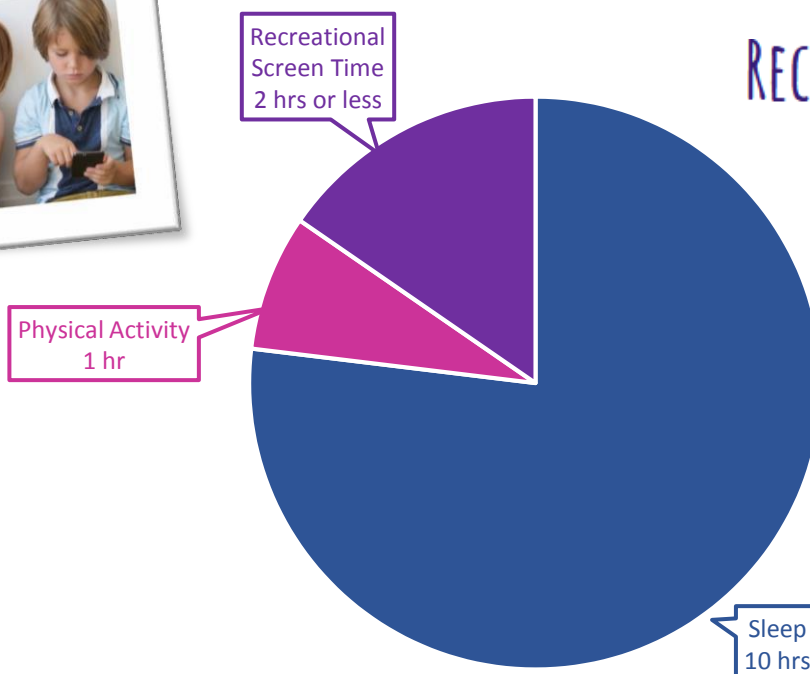
# SCREEN TIME

- Tablets/iPads
- Television
- Movies
- Video games
- Phones
- Computers

## AMERICAN ACADEMY OF PEDIATRICS RECOMMENDATIONS:



- Create a family media use plan by going to <https://www.healthychildren.org/English/media/Pages/default.aspx>
- Engage in hands on, unstructured, and social play with your child
- Co-play when your child is using a program/game/app
- Don't feel pressured to introduce technology to your child at an early age



## RECOMMENDED DAILY HOURS

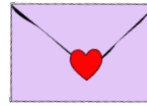
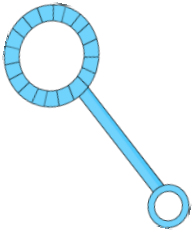
For children 6+ years

- Screen time for children younger than 18 months is not recommended
- 1 hour or less of screen time is recommended for toddler and preschool age children





# TECHNOLOGY FREE ACTIVITIES FOR KIDS:



## Fun Activities:

- ◆ Play hide & seek
- ◆ Make a recipe
- ◆ Play a board game
- ◆ Play card games
- ◆ Blow bubbles
- ◆ Play with hands on toys

## Educational Activities:

- ◆ Read a book
- ◆ Flashcards
- ◆ Write a letter to a family member or friend & put it in the mail
- ◆ Do a puzzle



## Job Activities:

- ◆ Clean up their toys
- ◆ Clean their room
- ◆ Help make dinner
- ◆ Set the table
- ◆ Clean & wipe off the table
- ◆ Help fold laundry

## Creative Activities:

- ◆ Make a craft
- ◆ Build a fort out of blankets & furniture
- ◆ Make musical instruments & put on a show for family
- ◆ Make shadow puppets with a flashlight

## Outdoor Activities:

- ◆ Play a sport
- ◆ Go for a walk or hike
- ◆ Go to the park
- ◆ Draw with sidewalk chalk
- ◆ Go swimming
- ◆ Go for a bike ride

## Free Places to Visit:

- ◆ Cleveland Metroparks
- ◆ Cleveland Zoo (Mondays)
- ◆ Public Library
- ◆ Nature Center
- ◆ Cleveland Children's Museum (with Dad 3<sup>rd</sup> Saturday of each month)

## Winter Activities:

- ◆ Go sledding, snow tubing, and/or tobogganing
- ◆ Build a snowman
- ◆ Make snow angels
- ◆ Make hot chocolate
- ◆ Have a snowball fight

