

WHAT IS CONSIDERED SCREEN TIME?

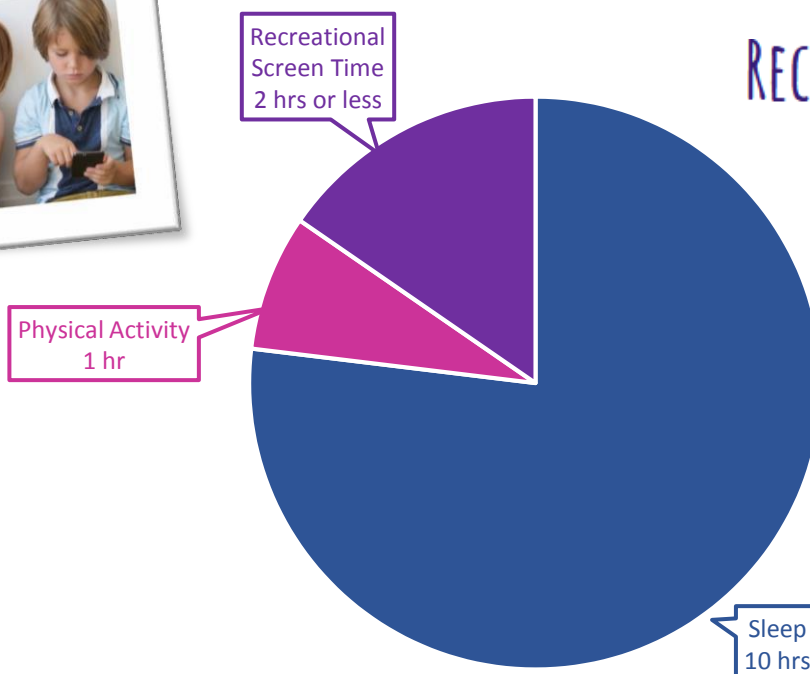
SCREEN TIME

- 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

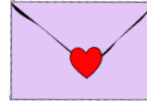
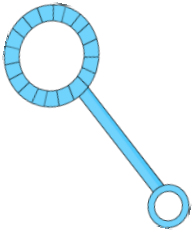
For children 6+ years

- 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 3rd 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





Fun Activities Links:

- ◆ <https://www.foodnetwork.com/recipes/packages/recipes-for-kids/cooking-with-kids/recipes-kids-can-make>
- ◆ <https://www.kidspot.com.au/things-to-do/kids-games/indoor-play/snap-12-classic-card-games-to-teach-the-kids/news-story/1d153893aee53908749>

Educational Activities Links:

- ◆ <https://moneypantry.com/free-kids-books/>
- ◆ <https://funlearningforkids.com/preschool-writing-activity-letters-family/>
- ◆ <https://www.kids-pages.com/flashcards.htm>



Job Activities Links:

- ◆ <https://www.yourmoderfamily.com/age-appropriate-chores-for-kids/>

Creative Activities Links:

- ◆ <http://www.pbs.org/parents/crafts-for-kids/>
- ◆ <http://redtri.com/homemade-instruments/slide/3>

Outdoor Activities Links:

- ◆ <https://unicefkidpower.org/fun-sports-activities-games-resources-kids/>

Free Places to Visit Links:

- ◆ <https://www.cuyahogalibrary.org/>
- ◆ <https://www.clevelandmetroparks.com/parks/visit/nature-visitor-centers>
- ◆ <https://www.clevelandmetroparks.com/>

Winter Activities Links:

- ◆ Snow tubing:
<https://www.bmbw.com/polar-blast-hours/>
- ◆ Tobogganing:
<https://www.clevelandmetroparks.com/parks/visit/activities/event-activity-types/tobogganing>

