




HOW TO REDUCE SCREENTIME THIS SUMMER

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- Know how much screen media and physical activity your family is getting.
 - Talk to your family. Explain your decision.
 - Set limits on screen time.
 - Minimize the influence of TV in the home.
 - Make meal time, family time. -no background tv
 - Provide other options and alternatives-boardgames
 - Set a good example. -monitor yourself
 - Be a savvy media consumer.
 - Encourage unplugged, unstructured playtime.
 - Create tech-free zones or times, such as during mealtime or one night a week.
 - Discourage use of media entertainment during homework.
 - Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens one hour before bedtime.
 - Consider using apps that control the length of time a child can use a device.
 - Keep screens out of your child's bedroom and consider requiring your children to charge their devices outside of their bedrooms at night.

