

Parent Corner

Teen Manage Their TV and Screen Time

- Talk as a family about how much screen time is reasonable for your children to have.
 - Post your family's screen time rule so everyone in the family can see it.
 - Keep track of how much screen time each of your children have every day.
 - Hold them accountable to the family rule with *reasonable* consequences if they break the rule. (Example: They lose their screen use for the next day).
- You are an important role model for your child. Show your child how you can stick to your family's screen-use rule(s).

What is screen time?

The time a person spends on electronic screen media. Some examples include watching TV, engaging on social media, watching YouTube on a laptop computer, or playing a videogame on an electronic tablet.

Why is it important to limit screen media time?

Most of the time children spend on screens is not active time. Using screens can also influence what and how much people eat. You may not pay attention to how much you eat when engaged in a program and commercials may make you crave less healthy foods. Limiting screen time have helped some people have a healthier weight.