



TOOLS FOR
PROMOTING
HEALTHY GROWTH

Tips to Reduce Screen Time



INVITE PARENTS to ask questions and share ideas on how they limit screen time at home.



ESTABLISH A SCREEN-TIME reduction policy and determine a system for tracking screen time weekly to adhere to your policy.



DETERMINE A SYSTEM for each classroom to prioritize how screen time is integrated into weekly lessons.



EXPLAIN TO CHILDREN why it's important to limit screen time. Use clear and easy-to-understand language. Ask older children to plan their own activities to replace screen time.



MAKE AGE-APPROPRIATE use of technology within the screen time limit.



CHALLENGE FAMILIES to unplug for a Screen-Free Week and give away prizes!