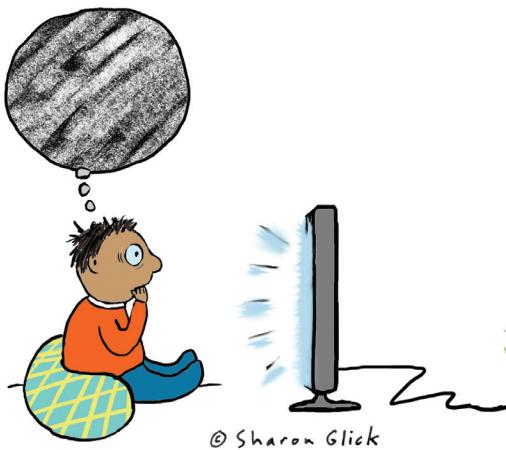


# SCREEN SMART PARENTS: TOP TEN TIPS

SCREENS\* ARE PART OF KIDS LIVES -- TO KEEP KIDS SAFE AND HEALTHY, HERE'S WHAT YOU CAN DO...



1. **KNOW WHEN IT'S TOO EARLY:** Under 2 YEARS; Screen time is not recommended before 2 years of age

2. **KNOW WHEN IT'S TOO MUCH:** Less than 2 HOURS; Understand the full range of media in your child's life and limit non-school related screen time to under 2 hours per day

3. **SEPARATE VIEWING FROM CHEWING:** Don't eat in front of the TV or other screen media; make meal time...family time

4. **MONITOR CONTENT:** Content matters—know what your child is watching; look for quality educational programs

5. **KEEP SCREENS OUT OF THE BEDROOM:** Keep them in a place where you can monitor time and content





6. **PROMOTE MINDFUL VIEWING:** Eliminate background TV; be selective about viewing; avoid channel surfing; reduce exposure to advertisements

7. **WATCH WITH YOUR CHILD:** Monitor your child's reactions and be prepared to answer your child's questions about programming; avoid using TV as a babysitter

8. **AGREE AS A FAMILY ABOUT SCREEN TIME:** Discuss and agree on limits: "this is what we do in our house"

9. **PROMOTE LESS SCREEN TIME...MORE GREEN TIME:** Get outside and play!



10. **BE A ROLE MODEL:** Limit your own screen time viewing; watch less than 2 hours per day; be mindful when you watch...and turn it off when no one is actually watching!

\*Screens include TV, computer, DVDs, Videos and Video Games, hand-held devices, etc.

### **LINKS FOR ADDITIONAL INFORMATION:**

<http://cmch.typepad.com/mediatrician/>

<http://www.pbs.org/parents/>

<http://www.common sense media.org/advice-for-parents>

\*This flyer was developed by the Montana Nutrition and Physical Activity Program with the help of many sources. These sources and many other resources and tips for families can be found on our website at [www.montanana.org](http://www.montanana.org). For questions please contact Cathy Costakis at (406) 994-5734 or e-mail her at [costakis@montana.edu](mailto:costakis@montana.edu).

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