

TURN OFF SCREENS

Screens can be great for learning, recreation and communication, but too much screen time can be unhealthy. Try to find a balance between inactive time and active play.

+ get active!

HOW MUCH SCREEN TIME EVERYDAY?

0-2
years



NO screen
time

Increase active play and limit sedentary activities to less than 1 hour at a time

2-5
years



Less than
1 HOUR
per day

A reduction in screen time can improve sleep patterns and physical development

5-12
years



Less than
2 HOURS
per day

Excluding homework time

WHAT IS A SCREEN?



TV/DVD/BLURAY



Computer



Game
Console



Tablet/Portable
Games



Phone

** Based on Australia's Physical Activity and Sedentary Behaviour Guidelines 2014

TIPS TO MANAGE SCREEN TIME



Remove screens from meal times & eat together as a family



Keep a balance & set daily screen time limits



Take toys or books instead of devices when going out



Make bedrooms screen-free zones



Make Family time more active



Break up long periods of inactivity



Swap screen time for active play & encourage outdoor play



Adults - model good habits & reduce your own screen time



Play active video games together