



**Lead by example-
reduce your own
screen time**



**Set daily limits-it's
about keeping life
balanced.**



**Start with small
reductions and build
off it!**



**Offer a book or toy
instead of devices
when going out.**

8

**tips to help
stay on top of
your child's
screen time.**



**Plan screen-free
activities and head
outdoors!**



**Play games and
watch TV together.**



**Use tools to manage
access such as
parental controls**



**Set device-free zones
at home, such as the
dinner table.**

