

Limit Recreational Screen Time



TIPS FOR FAMILIES

Media & Devices are Tools

- Know and understand the device/software
- Use the device with the child when you can
- Point out what screen time is helping them learn, communicate or when it's simply for fun

Set family rules together with a [Family Media Use Plan](#)

- Review the rules at least once a year
- Have scheduled screen time with clear stopping times
- Lead by Example
 - Limit your own media use

Media Free Environments

- Create a quiet, device-free space for sleeping
 - Get an old-fashioned alarm clock!
- Have media free meals
 - Video chatting is okay if used in a mindful way
 - When eating out, choose screen-free restaurants or ask to sit in areas where there are no screens

Adapted from [DigitalWellnessLab.org](https://www.DigitalWellnessLab.org)

Download additional tools and resources at LetsGo.org/tools

MaineHealth

LET'S GO!

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