

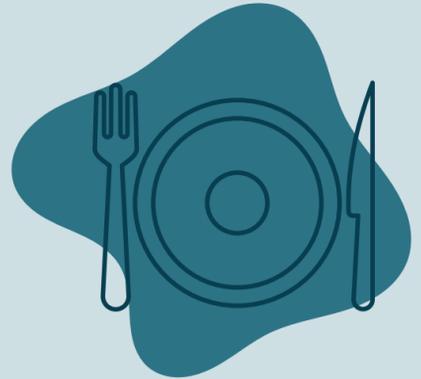
Is Our Screen Time a Problem?

EVERY FAMILY DOES SCREENS A LITTLE DIFFERENT. –
EVALUATE FOR YOURSELF USING THESE BENCHMARKS



Observe your child - do screens dysregulate them, cause overwhelm or disturb them? They may need less time, more predictability, or screens at a different time of day.

How is your child eating? Screens should not be used **while** eating - especially if they are causing over or under-eating or a lack of mindfulness and disconnection around meals.



Are you involved? Are you aware of what your child is consuming, talking to them about it, and sharing interests? Screens can replace human connection - don't let them take **you** away. Make it safe and normal to bring any questionable content to your attention.

Is your child capable of being bored and finding something to do? Are they able to play with their books, toys, games, and art? Don't replace all other good things with screens.



Are your screen contributing to your child's peace, education, or core values? Choose what goes into your minds - teach your kids how to evaluate that too. If something doesn't feel good - you don't need to watch it, no matter how popular it is.

How is your child sleeping? Screens should be turned off about 90 minutes before sleep (with ranges suggested between 60-120 mins). If you **need** screens for your routine, use blue light blocking options and turn the brightness and sound down as much as you can.



Does your child still play outside every day? Young bodies need lots of movement to be healthy!



Does your child still engage socially in some way? Excessive screen use can cause depression, body image issues, hyper-dopamine arousal, lower grades, dissociation, and lack of connection with parents/family. Use screens mindfully to enhance these areas instead.

Babies and toddlers do not need screen time besides facetime with family where they are getting the facial expressions, eye contact, and back-and-forth engagement they need.

2-5 yr - recommended 1 hr/day

