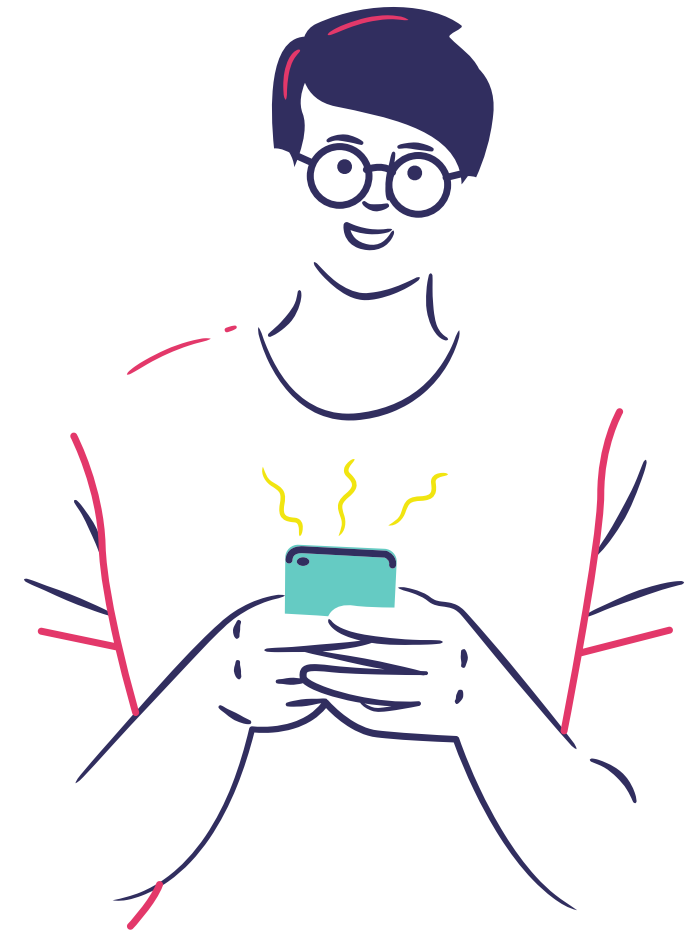


# Why is Monitoring Screen Time Important?



Excessive media use is associated with obesity, lack of sleep, aggression, and other behavioral issues

Research shows that when parents set rules about media use, children's daily media use decreased by nearly 3 hours



## Media Use Tips

Limit screen time to less than 1-2 hours per day.

Talk to your children about being good "online citizens," and the serious consequences of online bullying.

Be familiar with popular social media sites such as Instagram, Twitter, and TikTok. You may consider having your own profile to monitor their online presence.

Be firm about avoiding content that is not age appropriate.

Look for media that is educational and matches your family values.

Visit <http://www.healthychildren.org/MediaUsePlan> to create a personalized media use plan that works for your family, based on your values and lifestyles!

MedEdMaterials.org

Sources: <https://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx>  
<https://www.nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/index.htm>



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