

FAQUIER COUNTY PUBLIC SCHOOLS
EVERY KID HEALTHY WEEK
FITNESS FRIDAY
LIMIT SCREEN TIME

American children spend about 5 to 8 hours on screens each day. Screen time can be habit-forming: Research shows that the more time children engage with screens, the harder time they have turning them off as they become older children. Plus, screen time has been linked to eating more, having trouble sleeping and poorer performance in school. Here are some ways to limit screen time.

Strategies to limit screen time at home

- Make bedrooms “no screen zones.” Kids who have TVs in their rooms tend to watch about 1.5 hours more TV per day than those who do not.
- Designate one or more days per week as “screen-free” days, where physical activity, reading and spending quality time together are prioritized.
- Set firm limits for using screens. For example, no video games on school nights or no electronic devices an hour before bedtime.
- Turn off electronic devices during dinner. Make use of the time together to talk about the day.
- When your children’s friends gather at your house, limit the amount of time they play video games. After 20-30 minutes of playing, suggest that the children move on to something else that does not involve a screen.
- Be a good role model and limit your time in front of a screen to no more than two hours per day, too. Leadership by example.
- Make it a game! Place activity ideas in a jar. Whenever the family would typically be on electronic devices, pull an idea out of the jar instead and do it together.
- Avoid using electronic devices as a reward or punishment. This makes screens seem even more important.