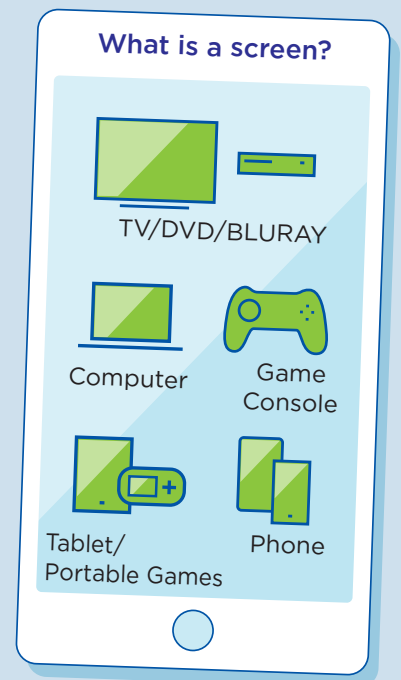
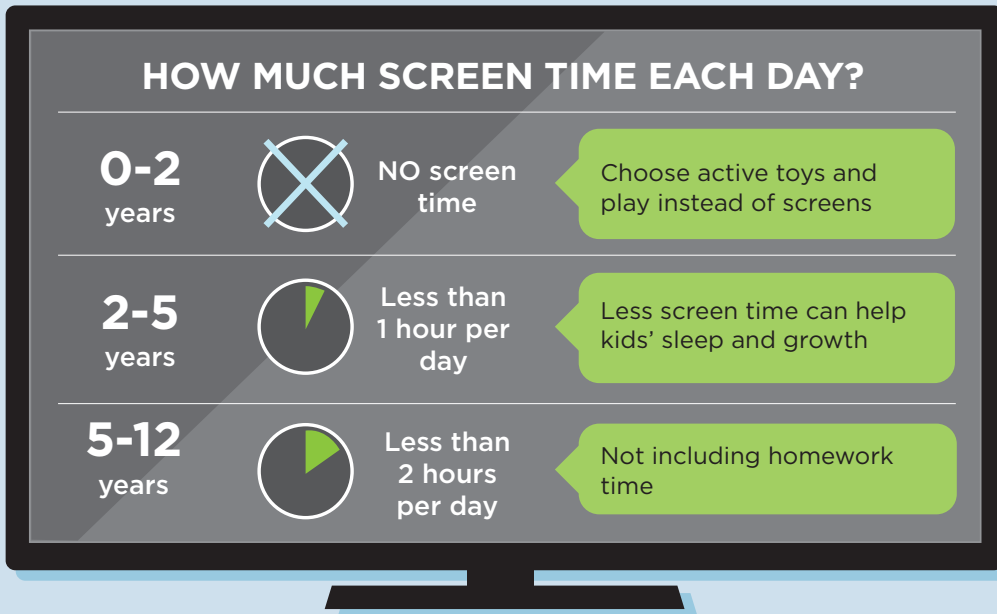


Turn off screens + get active

Screens can be great for learning, play and communication. Too much screen time can be unhealthy. Try to sit less and move more.



Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years)

TIPS TO MANAGE SCREEN TIME

- Eat together as a family. No screens at meals for parents and kids
- Before screen time - sleep, play outdoors, read and enjoy family time
- No screens in bedrooms, especially at night
- Take toys or books instead of screens when going out
- Monitor kids' screen time. Set limits if needed
- Sit less. Move more. Move every hour
- Help kids sleep. Stop using screens 1 hour before bed
- Parents - be a good role model. Reduce your screen time too
- Dance to music, or play video games that get you on your feet.

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HEALTHYEATING
ACTIVE LIVING