**Be Screen Smart**

 **What do we mean by screen use?**

**Screen time is the use of computers, tablets/iPads, mobiles and TV**

**Infants under 18 months** should **avoid** the use of screens other than video-chatting.

Parents of **children 18 to 24 months** who want to **introduce** digital media should choose **high-quality programming**, **and watch it with their children** to help them understand what they're seeing.

**2 to 5 years**, **limit screen use to 1 hour per day**. Parents should view media with children to help them understand what they are seeing and apply it to the world around them.

**6 years and older**, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

The recommendation is **no more than 2 hours a day** in front of screens for entertainment.

**Ensure you have media-free times together, such as dinner or driving, as well as media-free areas at home, such as bedrooms.**

**Have ongoing communication about online safety, including treating others with respect online and offline.**

**Sitting with your child discuss 2 activities you do together or as a family which are screen free activities.**

**Too much screen time may lead to- Match the Emoji**

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 **Stress Anxiety Poor sleep**

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 **Be Screen Smart **

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**Screen time during childhood is an independent predictor of lower cardio respiratory fitness in adolescence**

**Children learn best from real life experiences and interactions. No studies to date have demonstrated benefits from early TV viewing, including baby DVD’s**

**TV moves very quickly (screen changes about every 6 seconds); real life has a slower pace which helps children to develop their concentration skills**

Tablets and screens before bedtime cause sleep disruption

**In a new study, UK researchers found a link between three hours or more of screen time and risk factors for type 2 diabetes, such as higher body fat**