

# Wellness Tips for Alaska's Young Children

## Limit Screen Time

Limiting screen time is good for the whole family. Less time watching TV, playing video games, surfing the Internet, and using tablets and smartphones will encourage kids to:

- Spend more time with family
- Be more physically active
- Develop better bedtime habits

### How much screen time is okay?

- **BIRTH THROUGH 18 MONTHS:** Keep your littlest ones away from screens and other media—unless you are video chatting with grandma
- **18 MONTHS TO 2 YEARS:** Choose age-appropriate programs to watch and talk about with your kids. They'll learn more that way
- **2 TO 5 YEARS:** Limit your kids to one hour or less of screen time a day



### It starts with me!

Limit your own screen time. Model good habits whenever you use media.

### Tips for Parents

- **Create a family media plan**—what to watch, when and for how long.
- **Shut down all screens** at least one hour before bedtime.
- **Hit the off button on the TV** when it's not in use so young children won't get distracted.
- **Declare** the kitchen table, social gatherings and children's bedrooms to be tech-free zones.
- **Choose** slow-paced, non-violent programs and apps for screen time.

**Know what your kids are watching.** Junk food ads often target kids. They can have harmful effects on your children's diet and overall health.



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### Fun, screen-free activities for your kids

- **Dance party:** Turn on the music and let loose.
- **Meal prep:** Put little hands to work washing vegetables and tearing lettuce for salad.
- **Nature break:** Go for a walk or sled down a nearby hill.
- **Imagination station:** Do puzzles, draw pictures, read books or play board games.
- **Play time:** Build with blocks, race toy cars, or make music with a pan and a wooden spoon.
- **Scavenger hunt:** Hide fun objects around the living room or outside in the yard.
- **Blow bubbles!**
- **Go camping:** Throw blankets over chairs and pretend you're camping in the woods.



**Turn off the TV and play together every day.**

Children learn more by using all their senses rather than just watching a screen.



**Choose the best educational apps, games and programs** for your children with help from reviews by groups such as Common Sense Media.

**For more information on screen time limits, visit:**

- **American Academy of Pediatrics, Family Media Plan Tool:**  
[www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx](http://www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx)
- **Common Sense Media:**  
[www.commonsensemedia.org](http://www.commonsensemedia.org)
- **Zero to Three:**  
[www.zerotothree.org/early-learning/screen-time](http://www.zerotothree.org/early-learning/screen-time)



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