

# Tips for Parents: Keeping Kids Healthy

## SCREEN TIME



### How does screen time affect children's health?

- Screen time can take away from other activities like family time, exercise, and hands-on hobbies.
- Too much screen time can make vision problems worse.

#### How kids use screen time

- Watch TV/YouTube
- Schoolwork
- Games
- Create videos
- Message friends
- Read
- Video chat
- Social Media

Not all screen time is bad!

### How does social media affect children's health?

Social media can have both positive and negative influences on a child's life. Emphasize positive uses of technology!

#### Social media help children...

- Build relationships, belonging and community
- Discover self-expression
- Learn skills
- Pursue genuine interests

#### Social media can...

- Be time-consuming
- Lower self-esteem
- Introduce inappropriate content
- Cause social media addiction
- Increases anxiety and depression

### How much screen time is healthy?

- **Younger than 2** - Try to only use screens together for short periods
- **Age 2-5** - Try to spend one hour or a lesson on educational shows that help children move around
- **Age 5-12** - Make sure screen time never replaces sleep, family time, or exercise
- **Age 12 and older** - Talk with your child about social media and internet use. For older kids, discuss limits and come to an agreement together!

#### Social Media and Your Child's Health

Many parents are concerned that social media may lead to mental health problems and low self-esteem. Here's how you can help teens use social media safely:

- Set a positive example of social media use
- Discuss what your child sees online as part of daily catch-ups
- Check your child's profiles to monitor targeted ads
- Encourage kids to follow who they are passionate about and who are good role models

### What can I do at home?

- **Quality over Quantity:** Focus on using screen time for family bonding, research, and creativity
- **Prioritize Sleep:** Limit screen time at least 1 hour before bed to promote healthy sleep
- **Encourage balance:** Build in time for outdoor or non-screen activities
- **Visit:** For more, go to [HRL.NYC](http://HRL.NYC)

