

LIMITING SCREEN-TIME MEANS MORE PLAY TIME!

Screen-time includes watching television and using electronic media such as DVDs, computers and electronic games.

Spending too much time on screen-based activities reduces the amount of time children have for fun, active play.

Spend less time in front of screens by:

- setting family rules regarding screen-time
- offering more active alternatives to screen-time
- keeping screens away from your child's play, sleeping and eating areas.



**Less screen-time
and more active
play choices keep
children healthy!**