

HealthReach Community Health Centers

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Reducing Screen Time

Health experts recommend limiting screen time for children to two hours a day¹

- Make sure you set limits and stick to them
- Remove screens from bedrooms
- Do not use screens as punishments or as a reward
- Plan outdoor activities such as: hiking, sledding, skipping, etc.
- Do activities such as coloring, puzzle making, and card games

To learn more go to

<https://www.mainehealth.org/Lets-Go/Childrens-Program/Parents>

Resources:

¹<https://www.nhlbi.nih.gov/health/educational/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm>

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