



Limit screen time and increase play everyday!

**TURN OFF,
SWITCH
TO PLAY**

Screen activities include watching television, computers and playing electronic games. Children need active play! Limit screen time to make sure they have time to be active everyday.

Tips to help your family limit screen time:

- Screen time is not recommended for toddlers under two years.
- If your child is older than two years, screen time should be less than two hours a day.
- If your child is watching television, select programs suitable for their age, promoting music, movement, activity or dance.
- As a family, decide what television programs can be watched and turn the television off once the program is finished.
- Computers or televisions should not be allowed in your child's bedroom.
- Keep meal times screen free. Share with each other the highlights of your day.
- Make a list of play ideas to do instead of screen activities.
- Record educational children's programs to watch at a time that doesn't compete with outdoor activity time.

**Create a healthy balance for your family.
Limit screen time, and prioritise activity and play.**

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