

Encouraging Healthy Screen Habits for Kids

In a world full of apps, games, and endless streaming, kids are spending more time on screens than ever before. While technology can help them learn, it is essential to help kids develop healthy screen habits. Parents can help kids use technology in a way that supports their health, happiness, and growth. Families can help kids balance their online lives while nurturing creativity, learning, and connection by following a few simple tips.

Here are 5 easy tips to get started!



Create screen-free times and zones.

Encourage screen breaks by limiting screen time in bedrooms, while kids are studying and at mealtimes.



Try Parental Controls.

Set content limits that make sense for your family and talk with your kids about healthy media habits. Features such as content filtering, privacy settings, and time limits offered on apps and social media platforms can help manage access and exposure to media.



Set clear family rules.

Decide together what kind of media and tech is OK -- and when it's OK to use it. A family media plan can help get everyone on the same page.



Watch and play together.

Choose quality, age-appropriate apps, games, and shows to enjoy with your kids. Encourage content that promotes learning, creativity and critical thinking. Visit commonsensemedia.org to find shows, games, and more.



Model healthy behaviors.

Children often imitate their parents. By setting a positive example with your own screen habits you teach them the importance of balance.

