ONE PAGE SUMMARY

Kids Learning › Digital Literacy › Screen Time Balance

What is Screen Time Balance

Finding the Right Screen Time Balance for Kids

DEFINITION

> Screen time balance means using devices in a way that is healthy and beneficial. It involves managing how much time kids spend on screens versus other activities.

KEY CONCEPTS

Healthy Limits

Set specific time limits for screen use to ensure kids engage in other activities.

Active vs. Passive

Encourage active screen time, like educational games, over passive activities like watching TV.

Physical Activity

Balance screen time with physical activities to promote overall health and well-being.

Family Time

Incorporate family activities that do not involve screens to strengthen relationships.

Quality Content

Choose high-quality, educational content that enriches learning and development.

EXAMPLES

→ Limit screen time to 1 hour on school nights.

→ Play educational games together as a family.

→ Designate screen-free zones during meals.

MEMORY TIPS

★ Use the 1-2-3 rule: 1 hour of screen time, 2 hours of physical activity, 3 family activities.

★ Remember 'Active is Better' to prioritize engaging content.

★ Think 'Screens Down, Fun Up' to encourage non-screen activities.

COMMON MISTAKES

✗ Allowing unlimited screen time without breaks.

✗ Using screens as a babysitter instead of engaging with kids.

✗ Ignoring the content quality of what kids are watching.

QUICK RECAP

Screen time balance is about managing how much time kids spend on devices. It includes setting limits, encouraging active engagement, and ensuring time for physical activities and family interactions.