

Family screen time rules

Use this sheet to help your family limit the use of screens at home, and feel free to add your own rules. The American Academy of Pediatrics recommends daily screen time limits of one hour for 2-5 year olds or two hours for anyone 6 years or older.

Have you:

- Brushed your teeth?
- Gotten dressed?
- Eaten a balanced meal?

Plus:

- Finished your homework?
- Read for 20 minutes?
- Done a creative activity for 20 minutes?
- Played for 20 minutes?
- Helped someone else in the family?

Then, you can use an electronic device for _____ minutes.

