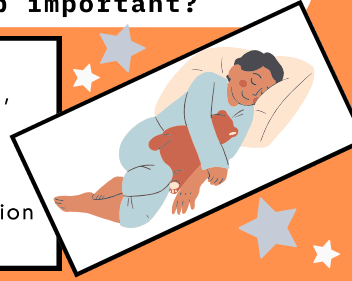


Screen Limits at Bedtime

Screen time too close to bed makes it harder for kids to get enough, quality sleep. Why is sleep important?

Enough, quality sleep:

- Reduces stress and improves health, which boosts quality of life
- Protects emotional and behavioral health now and later in life
- Helps children maintain their attention during the school day



How much sleep should my child get?

Toddlers (1-2 years): 11-14 hours per night
Preschoolers (3-5 years): 10-13 hours per night

How to start healthy screen habits at bedtime:

- Create an activity menu together of non-screen activities your child enjoys. Allow them to choose which one to do when screen time is not allowed.
- Kids like routine. Schedule screen time into the day instead! Choose a time that allows you to do what you need to do. For example, 30 minutes while you prepare dinner or take a shower.
- Give a warning when screen time is about to end by saying something like, "You have five minutes left on your tablet."
- Stick with your limits. It is normal for kids to be upset for a few days or a week after new limits are put in place. Try not to argue and stay the course. They usually calm down and accept rules after they see that they will remain in place.



Healthy Sleep Tips

- Keep electronic devices outside of children's bedrooms (including televisions, tablets, phones, video games, and computers).
- No screen time one hour before bedtime
- Be an example, keep devices out of your bedroom, and don't use screens one hour before bed, either.
- Charge everyone's devices outside of the bedrooms in a common location at nighttime
- Do a relaxing activity instead of screen time before bed (examples include reading together, coloring, and talking)

For more information visit: <http://imaa.net/whole-family-systems>
Funded by Minnesota Department of Human Services.