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**INCREASING
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“How can I limit my child’s screen time?”

5 SCREEN TIME PARENTING HACKS

In today’s digital age, where screens are an integral part of our daily lives, it has become crucial for parents to understand the importance of balancing screen time for their children. With the increasing accessibility and popularity of electronic devices, it is essential to establish healthy screen time habits and reduce excessive device usage.

HOW MUCH SCREEN TIME IS TOO MUCH?

The American Academy of Pediatrics advises against media use, except for video chatting, by children younger than 18 months. For 2-5 years old 5, limit screen time to one hour a day. For children older than 5, you decide how much media to let your child use each day.

1

SETTING CLEAR BOUNDARIES AND ESTABLISHING SCREENTIME RULES

2

ENCOURAGING ALTERNATIVE ACTIVITIES TO REDUCE RELIANCE ON SCREENS

3

EXPLORING THE BEST APPS FOR PROMOTING HEALTHY SCREEN TIME HABITS AND BALANCED DEVICE USE

4

BEING A POSITIVE ROLE MODEL IN MANAGING YOUR OWN SCREEN TIME

5

ENGAGING IN CO-VIEWING OR CO-PLAYING WITH YOUR CHILD TO FOSTER QUALITY INTERACTIONS WITH DIGITAL CONTENT

full blog to learn more:
www.globaleducationtherapy.com/blog

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