

Screen time during a pandemic

CHOOSE WISELY

When using screens, opt for educational TV shows and interactive games.



LIMIT ADULT CONTENT

Turn off TV used for background noise and avoid exposure to news media.



MIX IT UP

Strive to incorporate physically active and creative engagement opportunities throughout the day.

STAY CONNECTED

Maintain closeness with family and friends using technology; take a break from caregiving with a virtual respite.



POWER DOWN BEFORE BED

Decreasing blue light within an hour of bedtime can help one fall asleep more easily.



SET UP SCREEN FREE ZONES

Keep areas of your home and times screen free such as bedrooms and meal times.

GIVE YOURSELF A BREAK

Let go of unrealistic expectations regarding screen time during these unprecedented circumstances.