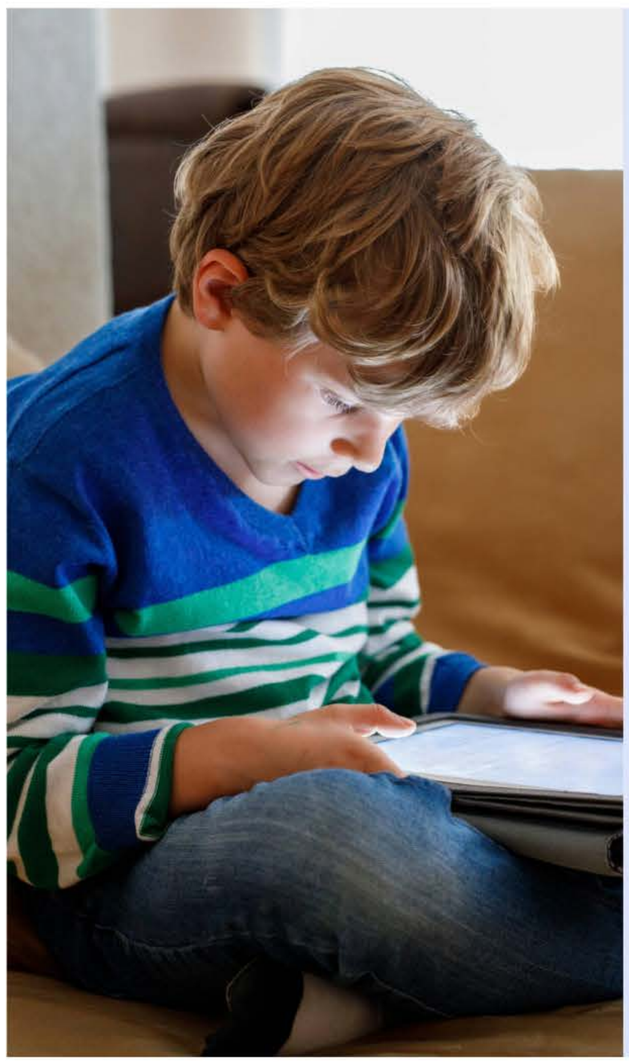
Screen Time Tips and Strategies FOR PARENTS

What is Screen Time?

Screen time refers to time spent on devices like TVs, computers, smartphones, or tablets, including activities like watching videos, playing games, or using social media.

However, activities like FaceTiming or virtual learning, which involve real-time interaction, language modeling and visual cues are more beneficial for language development.





Screen Time Limits and Guidelines

Limiting screen time has been linked to healthier lifestyles, improved behavior, and better social skills. While screen time should be limited for everyone, here's the recommended breakdown for kids under 18:

- **Birth to 2 years: No screen time**
- **2-5 years: No more than 1 hour per day**
- **School-aged children (5-18 years): 1-2 hours daily**

In addition to limiting the total amount of screen time, it's important to set boundaries on when screens are allowed. For example:

- **No screens during meals (breakfast, lunch, or dinner)**
- **No screens at least 1 hour before bedtime**
- **Limit or avoid screens in the bedroom**

Alternative Activities to Replace Screen Time

- **Play together**
- **Baking & Cooking**
- **Crafts & Art Projects**
- **Build a Fort**
- **Go on a Scavenger Hunt**

The best way to learn language is through conversation, interaction, and play.

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