For Parents & Caregivers: Encouraging Healthy Screen Time Habits for Youth

Be a positive example

- Limit your own screen time, especially during family time, when you wake up, and before bed.

- Model healthy behaviors with social media.

  Take breaks from social media

  Turn off app notifications

  Keep a positive online presence

  Use blue light glasses

  Be mindful of what you post

  Prioritize exercise & sleep

- Place value on face-to-face relationships.

  Create regularly scheduled times for everyone at home to put phones and devices away and spend time together.
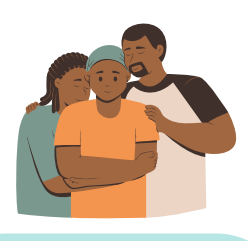
  Start small! Play a game of cards or go for a quick walk before screen time begins.

  1

## Strategies for healthy screen time limits

Ask your school, church, or community organization about free or low-cost extracurricular activities in your area.

Provide youth with rewards for off-screen activities rather than punishing them for using electronics.

Create house norms that all family members can follow.

For example, "On school days, screens are allowed after your homework is completed until the time we eat dinner."
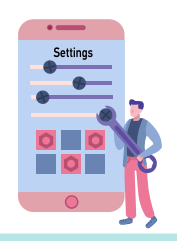
Use the built-in functions on apps to create screen time limits.

For example, "I set a time limit on your phone so that you have 1 hour of time on social media per day."

An example

"Let's have a talk about your screen time."

"It's important that you have enough time each day for sleep, exercise, school work, and activities with friends and family."

"Let's agree on some norms and limits for your screen time."

Consider:

- Requiring completion of chores and school work before screen time begins

- Designating specific times phone use is not allowed, such as meal time, before school, or family gatherings

- Charging the phone outside of bedroom at night to ensure adequate sleep

- Agree on consequences if screen time is causing the youth to neglect school work, health, or activities with friends and family

  2

WWW refugees.org

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS