

BALANCING YOUR SCREEN TIME



For Families

Ask yourself, what you like to do to have fun or relax that doesn't involve a screen?

Some ideas might be:

- reading
- listening to music or podcasts
- walking
- getting outdoors
- family time
- cooking

Helpful tips for balancing screen time

	<p>Try using the digital wellbeing tools on your mobile phone to track your screen time for a few days or more. Look in your settings. →</p>
	<p>Reflect on your screen time. If it is higher than you'd like, setting a goal can help you balance this.</p>
	<p>Ask friends & family with children what they enjoy doing for screen-free family time.</p>
	<p>With your toddler, aim for screen-free activities like physical play, outdoor activities, creative play and social time. For activity ideas, see UNICEF's Playbox.</p>
	<p>If you also have older children, consider a family tech agreement.</p>



If you have any concerns about your child, contact your local [Child and Family Health Nurse service](#), [Aboriginal Maternal and Infant Health Service \(AMIHS\)](#) | [Building Strong Foundations \(BSF\) for Aboriginal Children, Families and Communities](#), or GP.



Health
Hunter New England
Local Health District



HNEkidshealth
Children, Young People & Families



Healthy Beginnings for HNEKids acknowledge the traditional custodians of the land on which we work, live and gather, recognising their continuing connection to land, water and community.

We pay respects to Elders past, present and emerging, as well as Aboriginal people who have provided valuable guidance to the development of this project.