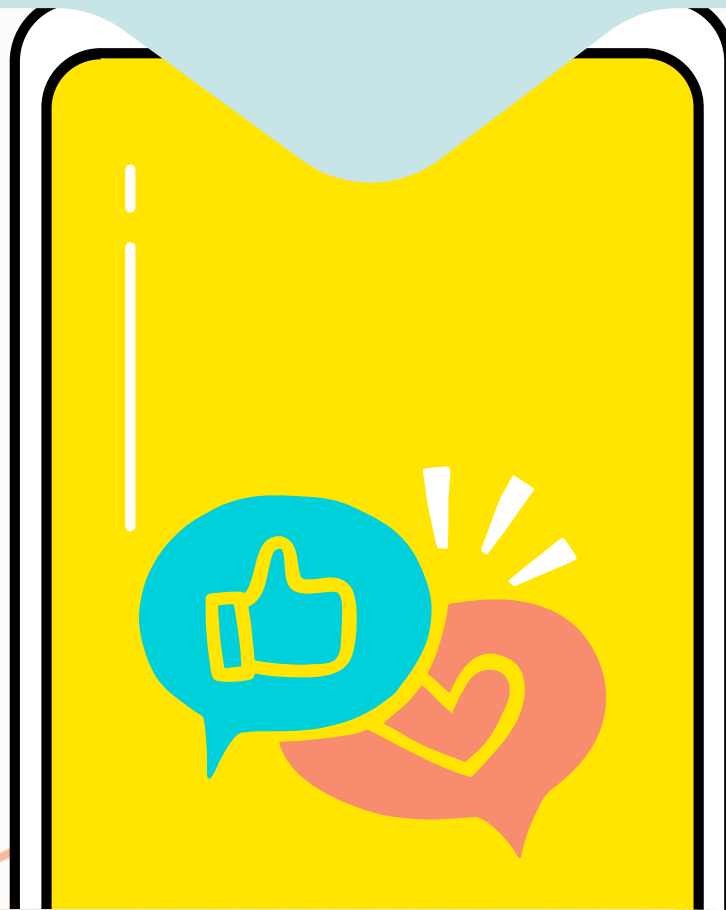




Screen Time Matters

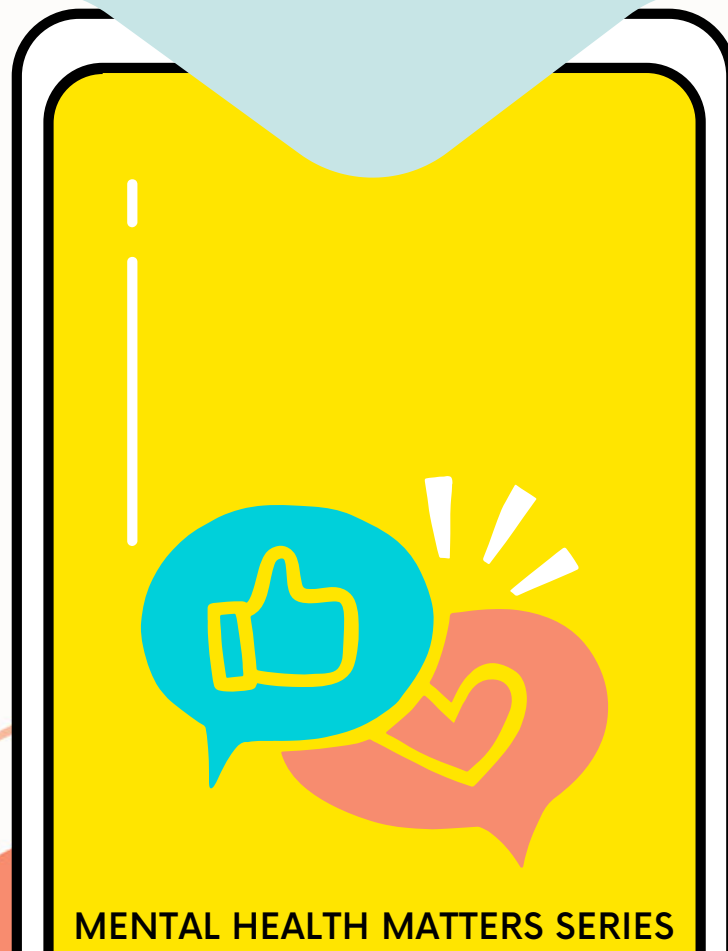
Welcome to our second topic of the
Mental Health Matters Series:

Screen Time



Screen Time Matters

- Have frequent conversations with your child/teen about screen time and social media
- Model healthy screen time/social media use by limiting your own device usage
- Create spaces/times in your home that are device-free (dinner, bedrooms, etc.)



Screen Time Matters

- Monitor your child's social media use
- If concerns come up, use them as an opportunity to have an open conversation
- Limit screen time before bed and avoid having devices in bedrooms
- Consider **WHAT** your child is doing and **WHEN** your child is doing it on their device - this often has a bigger impact than overall time on a screen

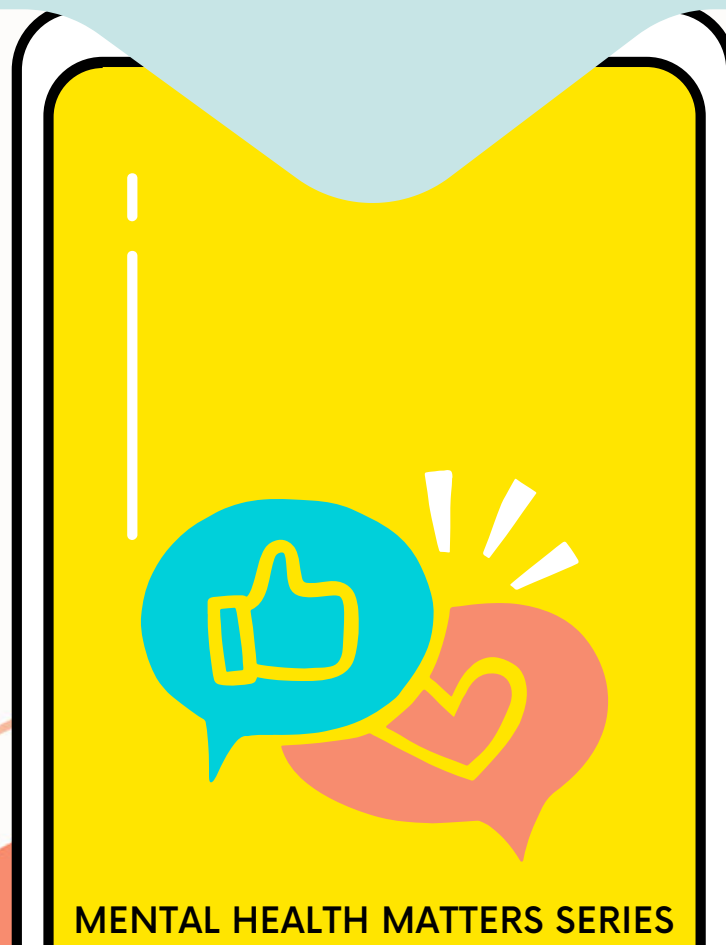


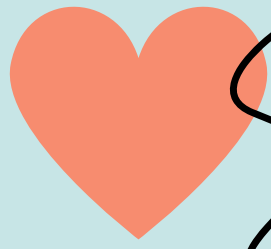
Screen Time Matters

Balance and supervision are key

Check out this website to design your own Family Media Plan!

<https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>





Screen Time Matters

Content Created By

Tara Allert, EdD, LPC, SAC

Gundersen Health System Therapist

