Switch off the screen + get active

Watching screens can be useful for learning and entertainment. But too much screen time isn't good for kids and adolescents.

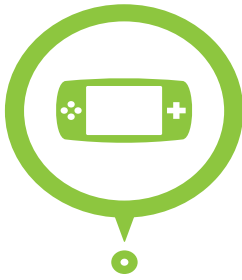Kids need to balance screen time with other fun activities that promote health and new skills.

What is screen time?

Screen time is spending time in front of a:

Computer or laptop	Hand-held game	Mobile phone	Tablet or iPad	TV

How much screen time is okay?

How old?	How much?
Under 2 years old	Not recommended
2 to 5 years old	1 hour per day
5 to 17 years old	2 hours per day (not counting school activities)
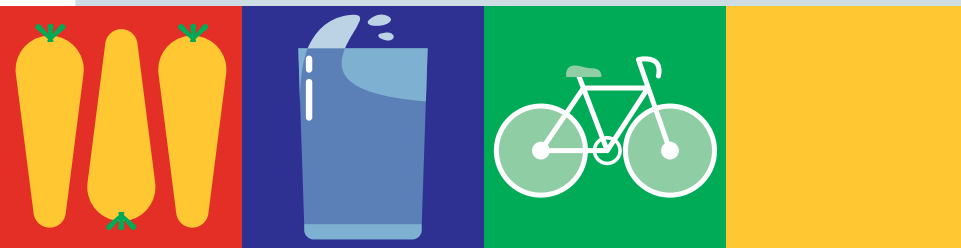
Why is too much screen time a problem?

Kids who spend too much time in front of a screen are more likely to:

- Become overweight or obese
- Snack on unhealthy foods
- Have interrupted sleep
- Not get enough physical activity

Tips to reduce kid's screen time

- ✓ Break up long periods of screen time into shorter stretches
- ✓ Don't allow screens in bedrooms, especially at night
- ✓ Eat together as a family, with no screens at mealtimes

- ✓ Start having screen-free days
- ✓ Start a reward system for spending less time on screens
- ✓ Think of some fun activities that don't involve screens
- ✓ When going out, take toys or books instead of screens

Quick tip:

Parents – be a good role model and reduce your screen time too!
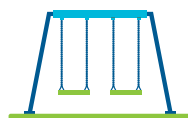
Activities to replace screen time

- Cook and bake together
- Play a board game
- Play with favourite toys
- Get creative with art and craft
- Go to the park
- Read books or magazines
- Go for a walk or bike ride
- Play an instrument

Quick tip:

Ask your kids what activities they prefer. Make a list of their favourite activities and use this when you need ideas.

Evidence

- 2019 Australian 24-hour Movement Guidelines for Early Years (Birth to 5 years)
- 2019 Australian 24-hour Movement Guidelines for Children and Young People (5-17 years)

NSW GOVERNMENT

HEALTHYEATING ACTIVELIVING