

TURN IT TODAY

Excessive screen time is unhealthy

Too much screen time creates serious risks, like developmental delays, anxiety, depression, inability to focus, obesity, sleep problems, and neck/back pain.



SET GUIDELINES FOR YOUR FAMILY

Recommended by the American Academy of Pediatrics and WHO

Age 2 or younger	Avoid screen time unless video-chatting or watching high-quality programming together for no longer than one hour
2-5 years	Limit to one hour a day for noneducational programming
6-12 years	Place consistent limits on use (no more than two hours a day)
12+ years	Designate media-free times and identify media-free zones

“Green” time improves well-being

Spending time outdoors improves attention and memory, self-esteem, and stress hormone levels. It reduces anxiety and regulates your natural sleep rhythms.



How can parents/caregivers help?

- ✓ Encourage other activities to offset screen time, especially “green” time.
- ✓ Avoid screen time an hour before bedtime, or shut off at a specific time every night.
- ✓ Keep devices out of bedrooms.
- ✓ Co-view with child.
- ✓ Restrict/monitor content.
- ✓ Trade play time for screen time.

Make a family commitment to decrease screen time and increase “green” time together. Sign the pledge on the back of this card to Turn It Off Today.

TURN IT TODAY

PARENTS, CAREGIVERS, AND ADULTS

Reduce Screen Time

- Turn off notifications on my devices
- Use the time limit setting on my devices
- Employ device options (e.g., flip phone, limited apps, no notifications)
- Monitor app use from my phone
- Turn It Off one hour before bedtime
- Turn It Off one day a week for eight weeks
- Turn It Off 6-8 pm (#) ___ days a week
- Other: _____

Increase Green Time

- Take the kids to the park
- Walk the dog
- Walk With a Doc texmed.org/vwwad
- Water the plants
- Ride a bike (wearing a helmet)
- Other: _____

Signature _____

KIDS

Reduce Screen Time

- Turn off notifications on my devices
- Use the time limit setting on my devices
- Read a book
- Play board games
- Turn It Off one hour before bedtime
- Turn It Off one day a week for eight weeks
- Turn It Off 6-8 pm (#) ___ days a week
- Other: _____

Increase Green Time

- Play outside for 30 minutes
- Ask an adult to take me to the park
- Walk the dog
- Water the plants
- Ride my bike/skateboard (wearing a helmet!)
texmed.org/hardhats
- Schedule outside play time with a friend
- Other: _____

Signature _____

Share your pledge via social media (during designated media time, of course!).

Use hashtag **#turnitofftoday**.



Physicians Caring for Texans