

# Screen time for quiet time? Here's how!

These ten tips will help you and your little one learn how to unwind with screen time.



## 1. Turn screens on and off with care



Watch a movie or listen to music intentionally. If you choose to do something else, turn off the TV, tablet or radio. A screen in the background can be distracting.

## 2. Set clear rules for the whole family

When can you use your screen? and for how long? Make rules that apply to both kids and adults. The clearer the rules and routine, the better.



## 3. A book, a song, or music before bedtime

Choose the right time for screens. Read a story at bedtime. Listen to music or an audio book or sing a song together.



## 4. Be aware of your role model for your children

Kids tend to mirror their parents, so set a good example. Model the behaviour you want to see in your child.



## 5. Think about when and why you use a screen

Screen time can be a great quiet time option while you cook dinner, but it doesn't necessarily help your child relax.



## 6. Move with media

Consider acting out the scenes of stories, join in during a yoga video or dance to the music you're listening to. Getting up and moving around is a great way to take a break from your screen.

## 7. Keep an eye on your child when they watch a movie

How do they respond to what they're seeing? Does it help them relax? If your child is clingy, tired or over-stimulated, suggest a different activity instead.

## 8. Limit their options

Don't give your little one endless options to choose from, as this could overwhelm them and make it harder for them to relax. Children love repetition and knowing what to expect.

## 9. Experiment with media moments, duration and types

Alternate between videos, music and books of different lengths to discover what helps your child relax and unwind.



## 10. Choose something other than a video

Read a story together, put on quiet music or listen to an audio book. Play a dance game or put on an interactive yoga video.



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