



## Mindsoother Therapy Center

Livingston, NJ

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# SCREEN-FREE TIMES

As part of the daily routine, make devices like TVs, phones, computers, games or other electronics off limits at specific times. Dinnertime & before bedtime are important ones, but more extended breaks from technology each day may also be needed, especially for families with very young children.

We will not use mobile devices or other screens during the following times:

### ✓ One hour before bed

- Using a mobile device or watching TV before bed can interfere with a child's sleep. When using screens in the evening:
  - Turn the brightness on the screen down
  - Don't play or watch media that are intense or scary

### ✓ Meal times

- Do not watch TV or use mobile devices at meal time.
- It is associated with obesity & weight gain in children.
- It discourages from family interaction.

### ✓ Family time

- Family time may be whenever the family is together or it may be during specific times such as when in the car or when walking to school together.