



**Save**

Get a **FREE family day pass** from the library to San Diego Attractions, like the zoo.

## Two Hours or Less of Recreational Screen Time

Screen time includes any digital device with a screen such as TV, phone, computer or laptop, tablet, or gaming console.

## Plan

### Make a Family Media Plan

- **Make a media plan** to set screen time limits and controls on devices and mobile apps.
- Choose screen-free spaces and times for everyone.
- Keep screens away during meals to encourage conversation and out of bedrooms to improve sleep.
- Turn off unused devices and avoid using multiple screens at once.

## Play

### Try Something Fun

- Play, bike, or walk outside.
- Turn on music and dance.
- Read a book, color, or write in a journal.
- Make a healthy meal or snack.
- Visit a park or beach.
- Check out your local library
- Go to a participating **Museum for All** for \$3 or less with SNAP EBT.

## Participate

### Ask Questions & Be a Role Model

- Be present when kids are on screens.
- Ask questions and talk about content. Discuss social media and find out how it affects them. Consider the **"4 Cs of content"**: connection, critical thinking, creativity, and context.
- Be a role model and set your own screen time limits and media plan.

## Healthy Media Habits

Age	Hours of Screen Time
Under 2	No screen time*
2-4 Years	1 hour a day or less
5+ Years	2 hours a day or less



**\*To introduce media to children 18 to 24 months, choose quality, educational programs and watch them together to support learning.**

