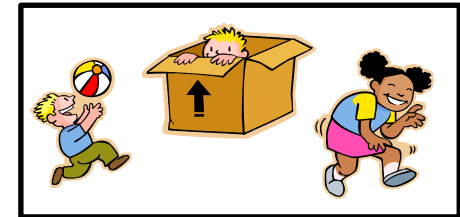
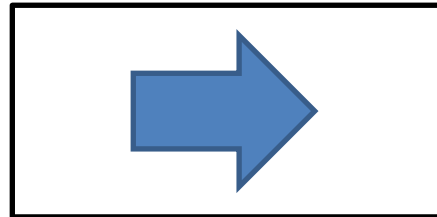


How to lay out the display:



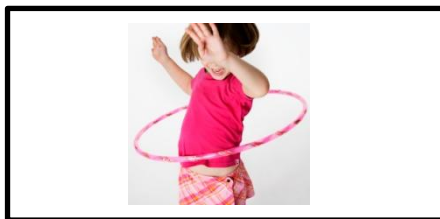
Less screen time = more time for active play!



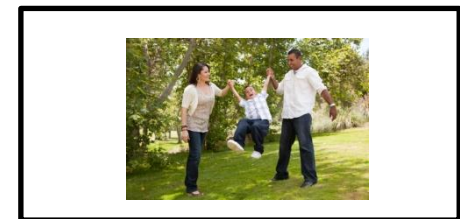
What is 'screen time'?

Why limit screen time?

Australia's recommendations...



Ways to limit screen time in your family

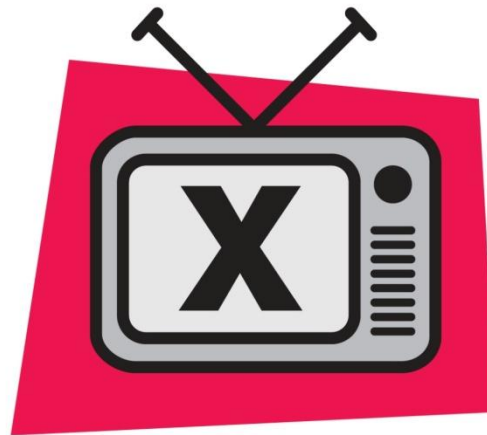


Indoor screen free activities

Outdoor screen free activities

Benefits of active play

Move Well Eat Well



**TURN OFF,
SWITCH
TO PLAY**

www.movewelleatwell.tas.gov.au



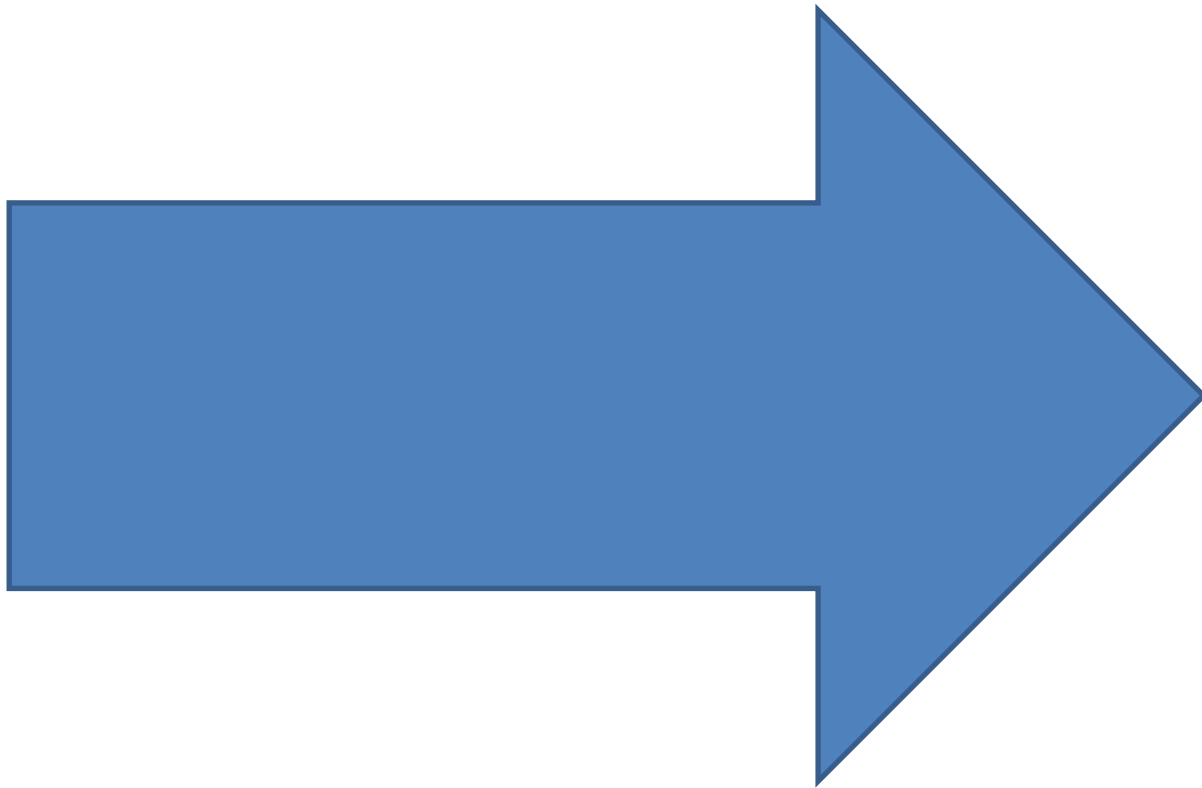
TURN OFF,
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**Less screen time
= more time for
active play!**

Move Well Eat Well



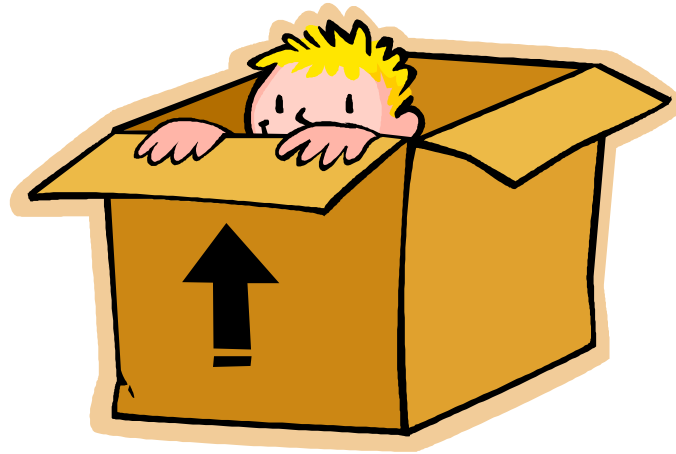
**TURN OFF,
SWITCH
TO PLAY**



Move Well Eat Well



TURN OFF,
SWITCH
TO PLAY





TURN OFF,
SWITCH
TO PLAY

What is 'screen time'?

Screen time is any screen based activity like:

- Watching **television**
- Watching **DVD's**
- Watching **videos**
- Playing **computer** or **electronic games**
- Playing **handheld games** and **games on mobile phones**





TURN OFF,
SWITCH
TO PLAY

Why limit screen time?

Too much time spent in front of screens:

- Reduces time for active play
- Limits children's social interactions with family and friends
- Can affect eye development of young children

Young children do not get any health, intellectual or language development benefits from screen time.





TURN OFF,
SWITCH
TO PLAY

Australia's recommendations...

Australia's Physical Activity Recommendations for Children Aged 0-5 years recommend:

- Children under the age of 2 years do not have any screen time
- Children aged 2-5 years have no more than 1 hour of screen time each day

Move Well Eat Well



TURN OFF,
SWITCH
TO PLAY



TURN OFF,
SWITCH
TO PLAY

Ways to limit screen time in your family...

- Remove screens from your child's bedroom
- Set family rules about the daily amount of screen time
- List active play ideas to do instead of screen activities
- Swap some screen time for active play
- Keep meal times screen free
- Swap some screen time for moving to music
- Record TV programs for your child to watch when it doesn't interfere with active play time

Move Well Eat Well

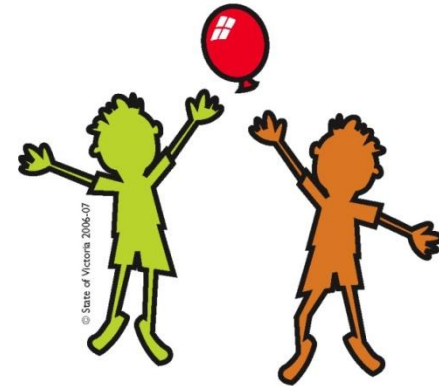


TURN OFF,
SWITCH
TO PLAY



Indoor screen free activities...

- Blow and catch bubbles
- Make music with instruments
- Dance and move to music
- Aim and throw soft toys into a basket
- Balloon volleyball
- Castle and cubby making with cardboard boxes
- Obstacle course with sheets and cushions
- Treasure hunt with stickers



TURN OFF,
SWITCH
TO PLAY



TURN OFF,
SWITCH
TO PLAY

Outdoor screen free activities...

- Build a cubby house with ropes, tyres, boxes, blankets
- Gardening - digging, weeding, planting, watering
- Hide and seek
- Draw chalk pictures on a path or driveway
- Water play in a large container
- Walk to the shop or park
- Ride a bike
- Practice kicking, throwing and catching a ball





TURN OFF,
SWITCH
TO PLAY

Benefits of active play...

Active play helps children develop physical, social and emotional skills like:

- Balance, agility, flexibility and coordination
- Fine and gross motor skills (running, catching etc)
- Communication, cooperation, sharing and problem solving

Active play also helps with:

- Bone health, heart health and keeping a healthy weight

