Raising Unplugged Kids

Benefits & Ways to Limit Screen Time
+ Screen Time Coupons



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The Benefits of Limiting Screen Time

* Improves Sleep Time.
* Reduces Anxiety & Stress.
* Improves Physical Health.
* Boosts Mood.
* More Time to Play.
* Reduces Eye Strain.
* Prevents Headaches.
* Increases Focus & Productivity.
* Encourages Creativity.
* Trying New Things.

The Benefits of Outdoor Play

* Builds Confidence.
* Improves Foundational & Problem Solving Skills.
* Improves Motor Skills.
* Encourages Creativity.
* Teaches Responsibility Towards Nature.
* Encourages Physical Activity.
* Improves Muscle Strength and Overall Health.
* Enhances Self Awareness.
* Increase Appreciation for the Environment.

Your Reasons for Limiting Screen Time

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* _____
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Simple Ways to Limit Screen Time

* Keep Devices Out of Reach.
* Encourage Playtime Outdoors.
* Encourage Independent Play.
* Keep a List of Fun Activities on Hand.
* Allow Kids to Earn Screen Time Coupons.
* Do a No-Screen Day Each Week
* Model Healthy Screen-Time Habits
* Let Kids Experience Boredom
  (They will learn how to deal with it - an important skill.)
* Read Good Books Together.
* Listen Instead of Watch.
  (Music, podcast, audio books, etc.)

Screen Time Coupons



















