

Did You Know?



Many ads that children see are for foods that are high in sugar, salt, fat. These ads are highly appealing to children.



Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they are watching TV.



Screen time impacts on children's sleep habits, even from a young age. Children who use screen time more are most likely to have difficulty sleeping.



For more information on screen time, go to www.healthpromotion.com.au

THERE ARE MANY SIMPLE THINGS YOU CAN DO TO LIMIT THE TIME YOUR CHILD SPENDS IN FRONT OF A SCREEN:



Try a TV or screen free day each week



Remove TV's and computers from bedrooms and keep in a central location like the family room



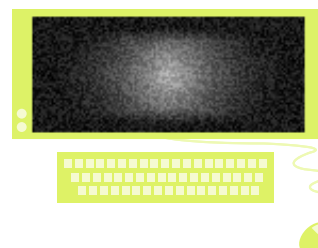
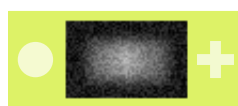
Turn off the TV during dinner and eat together at the table



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What do we mean by Screen Time?

Screen time is the use of an electronic screen such as TV, computers, DVDs, video, smartphones, tablets, or electronic games



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