

Distracted Parenting

Spending a lot of time in front of your cell phone, tablet, laptop or other screen?

Try these ways to reduce screen time:

- make bedrooms screen-free
- turn off and put away all screens during every meal
- do not pick up or look at your device while operating a vehicle



Children and youth need at least 1 hour of moderate to vigorous-intensity physical activity **daily**. Spending too much time in front of a screen can take away from healthy doses of daily activity.

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