

Power Off and Play!

Keep balance in their day, power off devices and play!

- Bedrooms are for sweet dreams, not bright screens. Keep kid's bedrooms screen-free, **especially for 1 hour before bedtime.**
- Balancing kid's screen time and powering off, especially during snack, meal and bed times, can:
 - * Promote healthy eating habits
 - * Increase thinking and communication skills
- Screen-free time can provide your kids a chance to engage in other activities that promote physical health, well-being and more interaction with their friends.

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