# Screen time

## Screen time should be part of a healthy mix of activities

9:08 AM

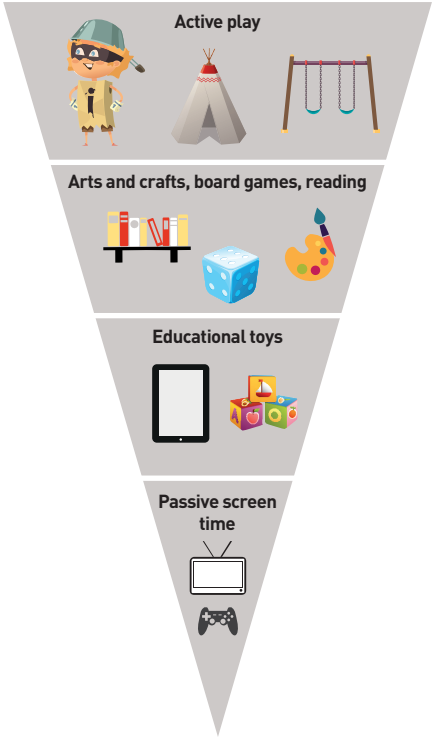
Screen time can be educational, but it's important to use this time wisely.

Tips for screen time:

- Be a good role model.
- Monitor what your child is watching or playing – make sure it is age appropriate.
- Balance screen time with other types of play as shown.

Too much screen time can impact on your child's:

- Concentration.
- Behaviour.
- Sleep.
- Risk of obesity.

Remove technology from bedrooms to reduce impact on sleep.

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