

## Seek Out Alternatives to Screen Time

Swap out screens for toys to prevent excessive screen time. Ensure you choose appropriate toys for your little ones! Here are some tips for a safe play time.

## Toy safety tips all parents should know:

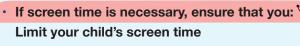
- ✓ Read the safety labels on toys and follow instructions.
- ✓ Only allow your child to access age-appropriate toys.
- ✓ Avoid magnetic balls, and toys with flying/spinning devices, string/cords, sharp edges, movable/ detachable parts, toys made of flammable/fragile material, that are unstable, that fly/dart, that are too small or are potentially hazardous or broken.
- Test the toys out before allowing your child to play with them.
- Ensure button batteries are securely attached and keep any spare button batteries out of your child's reach.
- Ensure toys are stored properly after play to prevent falls.



## **Alternative Fun Activities:**



- Reading/writing (Under good lighting while sitting up. Ensure books have large prints).
- · Drawing/painting.
- · Craft work.
- Outdoor play.



- 0-18 months old: Discourage any screen use (unless it is for interactive video chatting).
- 18-36 months old: Limit screen use to less than one hour a day.
- Have your child watch TV at an appropriate distance.
- · Have good lighting and reduce the monitor's glare.
- · Have your child take frequent breaks.



