KOHL'S Cares + ALLIANCE FOR A HEALTHIER GENERATION

KOHL'S Healthy at Home

10 Tips for Taking Screen Breaks

Although computers, televisions, and phones can provide us with unique benefits, it is important to regularly take breaks from screens.

Physical inactivity, such as sitting behind a screen all day, can increase one's risk of cognitive and physical health issues,[1-2] and may get in the way of family time. However, there are many ways we can balance screen time, physical activity, and family connection – check out these tips from experts and parents for taking healthy screen breaks: [3]

1 Remove television from kids' bedrooms so they are not tempted to watch it without supervision or right before bed, which can disrupt sleep

2 "We use a timer for screen time – after an hour each day the phone shuts off and is only used for calls and texts."

- Jessica, parent of 1

3 If screens need to be used for longer periods of time (e.g., schoolwork, jobs), set an alarm that reminds you to move and stretch every 30 minutes

4 Make family mealtime a screen-free environment; turn off the television and have family members store their phones in a large bowl during meals

(Bonus: Try these engaging mealtime conversation starters!)

5 "Entertain kids with non-screen activities, such as games, sports, and crafts!"

- Melanie, parent of 2

6 "As a parent I can't have a double standard on the screen time, so the 1-2 hour limits we set go to us too."

- Michael, parent of 2

7 Encourage family reading time as a screen-free wind-down activity before bed

(Bonus: Let kids pick out the book to read)

8 "My kids get to have screen time only after their chores and daily responsibilities are done."

- BreAnne, parent of 4

9 Ask kids and teens to help with daily tasks such as cooking and cleaning

(Bonus: Let kids pick out the foods they want to help cook)

10 Adults and teens: Set a positive example for younger children by practicing these tips with your family!

REFERENCES

1 Centers for Disease Control and Prevention. (2020). Physical activity facts. Retrieved from https://www.cdc.gov/healthyschools/physicalactivity/facts.htm

2 Hamilton, K., Spinks, T., White, K. M., Kavanagh, D. J., & Walsh, A. M. (2016). A psychosocial analysis of parents' decisions for limiting their young child's screen time: An examination of attitudes, social norms and roles, and control perceptions. British Journal of Health Psychology, 21(2), 285-301.

3 Yadegar, M. (2019, December). Managing your child's screen time. Psychology Today. Retrieved from https://www.psychologytoday.com/us/blog/belief-and-the-brain/201912/managing-your-child-s-screen-time