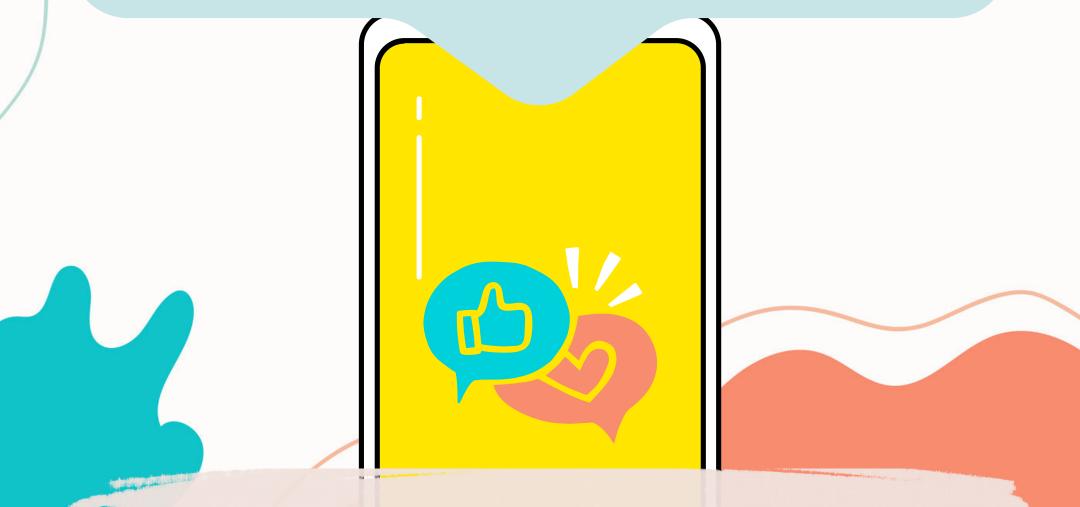
creen Time Matters

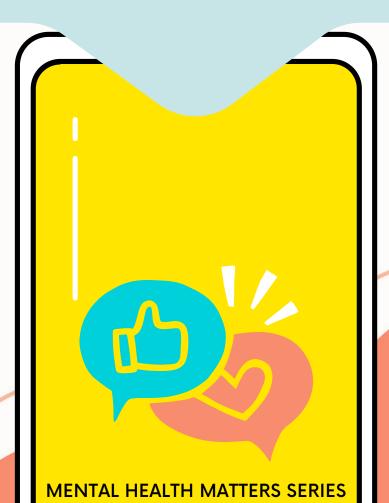
Welcome to our second topic of the Mental Health Matters Series: **Screen Time**



MENTAL HEALTH MATTERS SERIES - TOPIC TWO

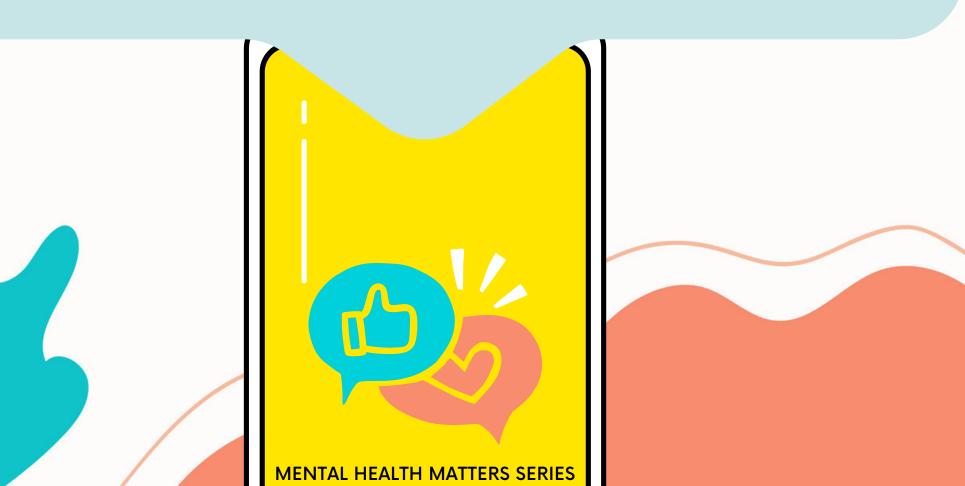
creen Time M

- Have frequent conversations with your child/teen about screen time and social media
- Model healthy screen time/social media use by limiting your own device usage
- Create spaces/times in your home that are device-free (dinner, bedrooms, etc.)



ren fime

- Monitor your child's social media use
- If concerns come up, use them as an opportunity to have an open conversation
- Limit screen time before bed and avoid having devices in bedrooms
- Consider WHAT your child is doing and WHEN your child is doing it on their device this often has a bigger impact than overall time on a screen



The creen Time J

Balance and supervision are key

Check out this website to design your own Family Media Plan!

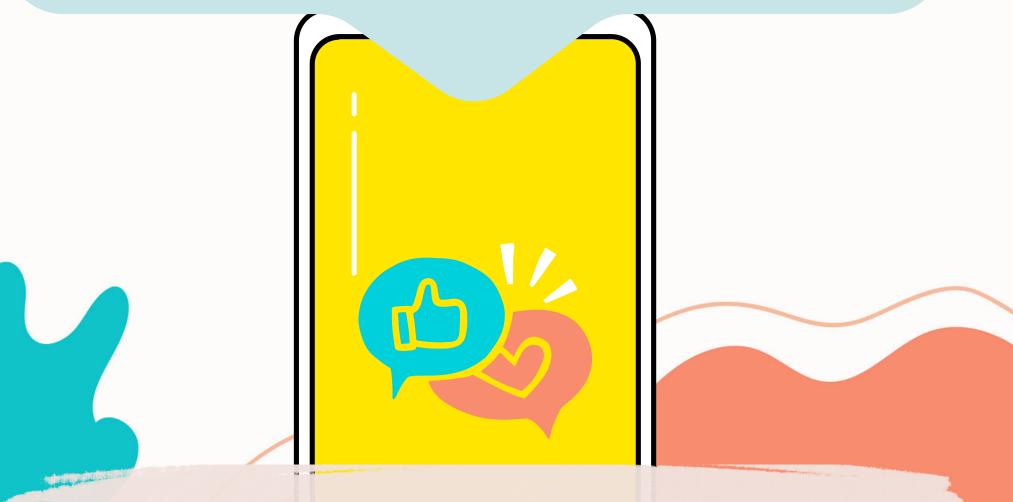


creen Time Matters

Content Created By

Tara Allert, Edg. LPC, SAC

Gundersen Health System Therapist



MENTAL HEALTH MATTERS SERIES - TOPIC TWO