

# SAFE SCREEN USE CHECKLIST



## Develop a Healthy Relationship with Screens

1. Identify when and why your child wants to be on their screens
2. Identify the root cause of their addiction or desire
3. Become self-aware of how much time your child is spending on screens
4. View educational content on devices
5. Reduce mindless scrolling or games on screens
6. Give your child healthy activities to do when they would otherwise be on their devices
7. Reduce screen time to 2 hours or less per day



## Safe Screen Use

1. Hardwire your devices to reduce EMF exposure
2. Set a timer at night to have the WIFI turn off
3. Don't allow screens in their bedroom
4. Use headphones instead of bringing your phone up to your ear
5. Put your device on Airplane Mode when it is within a close proximity of your child's body

## Block Blue Light Emission

1. Wear Blue Blocker glasses in the afternoon and evenings when on screens
2. Put your device in "Night Mode" to reduce Blue Light emission