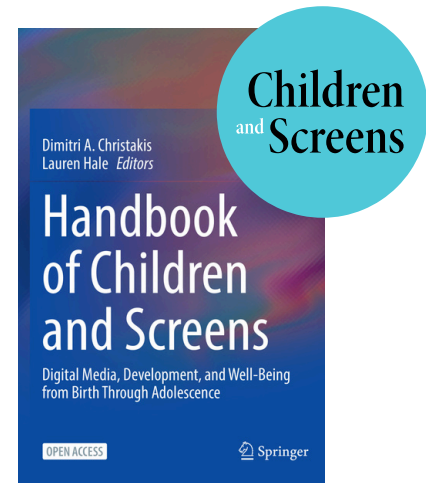


RECOMMENDATIONS

Digital Media Use and Children's Physical Health



bit.ly/handbook-of-children-and-screens



Parents, Caregivers, and Families

- Create household media rules and goals.
- Prioritize family time without screens.
- Model desired health behaviors.
- Develop an understanding of how food marketing affects children.
- Make sleep a family priority with a screen-free sleep routine.
- Consider sleep a contributing factor in children's behavioral issues.



Clinicians and Providers

- Discuss with families how digital device use impacts physical health.
- Encourage families to develop tailored media plans.
- Instruct families to secure large electronic digital devices to prevent physical injuries.



Educators and Teachers

- Limit device use, especially for children under 12 years of age, and ensure device breaks every 30 minutes.
- Inform children about the consequences of extended sedentary time and encourage movement.
- Ensure digital media use is mentally or physically stimulating.
- Dispel the myth that hands-free driving is always safe.
- Provide students with media literacy education.