



Healthy screen habits

Screens are part of modern life, but too much screen time can affect sleep, mood, concentration, learning and physical activity.

The Australian Guidelines recommend **no more than 2 hours** of recreational screen time (not including schoolwork) for children aged 5-17.

You can create healthy school habits by:

- Setting clear daily screen limits
- Having screen-free zones, like bedrooms and at mealtimes
- Encouraging outdoor play or hands-on games
- Modelling positive screen behaviour as adults

Let's support our kids to thrive, with a healthy balance of screen time, play, and rest!



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Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.