



Limit screen time and increase play everyday!

**TURN OFF,
SWITCH
TO PLAY**

Screen activities include watching television, computers and playing electronic games. Children need active play! Limit screen time to make sure they have time to be active everyday.

Tips to help your family limit screen time:

- Screen time is not recommended for toddlers under two years.
- If your child is older than two years, screen time should be less than two hours a day.
- If your child is watching television, select programs suitable for their age, promoting music, movement, activity or dance.
- As a family, decide what television programs can be watched and turn the television off once the program is finished.
- Computers or televisions should not be allowed in your child's bedroom.
- Keep meal times screen free. Share with each other the highlights of your day.
- Make a list of play ideas to do instead of screen activities.
- Record educational children's programs to watch at a time that doesn't compete with outdoor activity time.

Create a healthy balance for your family. Limit screen time, and prioritise activity and play.

www.goforyourlife.vic.gov.au/kids



Tek thaa de daai yic ku juak thaa de pol yic ë nyindhie!

Kä yee mïth keek daai aanɔŋiic, daai de TV, Kɔmpiöta ku pol de kɔmpiöta. Mïth aawic pol bë keek ke guup lußi! Tek thaa de daai yic ago nɔŋ thaa bii meth ye gup lußi ë nyindhie

Kä bï kony ba kaam tibi tekic paan du:

- Mïth kën run ka rou cuöp, a cë pieth bik ya daai tibi.
- Na cë menhdu run karou waan, ke thaa ben yaa daai acï be theë karou liir nom ë kööl tök.
- Na ye menhdu daai ë TV, ke ye kä thöön röt ë run ke liep, kä nɔŋic kët, cäth, käk ke riir wälä diër.
- Ke we ye macthok, tak kë ye ajuëer nou yen bii wek daai ë TV yic ku bak kë thiök thok të cën thök
- Dußnë mïth päl bik nɔŋ kɔmpiöta ku TV yön den.
- Yakë kä yee keek daai thiök thok të cäm ë kɔc. ku læjkë ë kä cï röt looi në ye köölë.
- Gäärkë täktëëk ke pol piny benë ke daai de kɔŋ waar.
- Ye ajuëer ke piöoc ke mïth dɔm bii keek ke ben daai në thaa cïn en kë lo looi ajuëer.

Looi ajuëer peith bin piir de paandun cökpiny. Tek theë ke daai yic, ku juur kë ke bë keek kɔŋ looi tuen ke pol.

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