

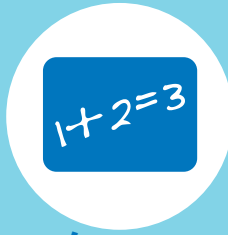
5 - 12
YEARS

SITTING AND SCREENS FOR CHILDREN

Less sitting and screens helps children



Develop



Learn

keeping them:



Social



Confident



Healthy

Children need help everyday to limit

Sitting time

Break it up often as possible



Screen time



Excluding school work

No more than

2
HOURS

Each day

Tips for less sitting and screens



Screen free bedrooms



Swap tablets for books



Try music instead of TV



Swap the smartphone on outings for colouring ins



Break up long car trips with park plays



Screen free meals

healthy
Tasmania
A Tasmanian Government
and Community Partnership