

0 - 5
YEARS

SCREENS AND SITTING FOR CHILDREN

Plenty of moving helps children



Develop



Learn

keeping them:



Social



Confident



Healthy

Children need help everyday to limit

Inactive time

In high chairs, prams
& car seats

Screen time

None for 0 - 2 years

1 hour for 2 - 5 years



Tips for less sitting and screens



Make children's bedrooms
screen free zones



Swap tablets for books



Make meal times screen
free



Swap the smartphone on
outings for colouring ins



Park stops on long car
trips



Music
instead of
TV

healthy
Tasmania
A Tasmanian Government
and Community Partnership