

Healthy Habits for a Healthy Child



Limit your child's recreational screen time to no more than 2 hours and no screens 1 hour before bed.



Encourage dental hygiene in children from a young age.

- > Make brushing twice a day part of their daily routine
- > You can be a positive role model by brushing your teeth with your child
- > Children need help to brush teeth up to at least 8 years of age
- > As your child's teeth start to fit closely together (usually between 2 and 6 years old), they should also be taught to floss their teeth daily.



Children (5-17 years) should be active for at least 1 hour every day.



Children (5-13 years) should have 9 to 11 hours of uninterrupted sleep per night.



Children should not be exposed to harmful substances such as tobacco (including cigarettes, vape, pipes and shisha) drugs or alcohol.

Many of these products are not regulated by the government and contain harmful chemicals, leading to serious health conditions such as throat cancer and heart disease.

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Turn off your screen:

During meal time



At least 1 hour before bed



Choose a fun activity to do instead. You could try going outside, building a fort, playing dress up or drawing.



How much time did you spend on a screen outside of schoolwork and video calling today?

Circle the emoji that best represents your amount of screen time.

Monday	Less than 1 hour	1-2 hours	3-4 hours	4+ hours
Tuesday	Less than 1 hour	1-2 hours	3-4 hours	4+ hours
Wednesday	Less than 1 hour	1-2 hours	3-4 hours	4+ hours
Thursday	Less than 1 hour	1-2 hours	3-4 hours	4+ hours
Friday	Less than 1 hour	1-2 hours	3-4 hours	4+ hours
Saturday	Less than 1 hour	1-2 hours	3-4 hours	4+ hours
Sunday	Less than 1 hour	1-2 hours	3-4 hours	4+ hours

- > Adults can be a positive role model. The whole family can turn off screens together and do an activity as a family
- > If the young people in your home still struggle with turning off screens 1 hour before bed, start slowly with turning off all screens 1 hour before sleep on 1 night of the week and slowly increasing

- > Remove screens from bedrooms so adults in the home can monitor usage and additional lights do not disturb sleep quality
- > Swap screens for books and other games or activities for children under 2 years. This will support their language development
- > Encourage video chatting to help learn social skills.
www.schn.health.nsw.gov.au/fact-sheets/screen-time-and-children



Q dpvhealth.org.au

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