

“We could turn off the TV  
and go for a walk  
to relax as a family.”



What could you do?



Health  
Murrumbidgee  
Local Health District



Children



Nature

Help them switch off the  
screen and get out there.



Health  
Murrumbidgee  
Local Health District



**0-2 year olds =  
screen free**

**3-5 year olds =  
less than 1 hour**

**5-12 year olds =  
less than 2 hours**

**for fun each day**



**Health**  
Murrumbidgee  
Local Health District



We could set a 'no screen time' rule  
at dinner time and before school.



What could you do?

Rainy  
days  
=  
outdoor  
fun!



Health  
Murrumbidgee  
Local Health District



*Screen-free memories  
= priceless*



Health  
Murrumbidgee  
Local Health District





Enjoy screen free fun  
*every day*



Health  
Murrumbidgee  
Local Health District



**There are lots of ways to  
enjoy screen-free quiet time**



Health  
Murrumbidgee  
Local Health District





Switch off the screen  
for a healthy mind.



NSW  
GOVERNMENT

Health  
Murrumbidgee  
Local Health District



Bigger rush than  
any video game