



**Brain Balance®**  
ACHIEVEMENT CENTERS

# TOO MUCH SCREEN TIME



29% of babies watch  
an average of  
1.5 hours per day\*



64% of toddlers  
watch just over  
2 hours per day\*



Children watch  
as much as  
4 hours per day\*



Teens consume  
an average of  
7 hours per day\*

**BRAIN BALANCE RECOMMENDS LIMITING YOUR CHILD'S SCREEN TIME TO NO MORE THAN 1 HOUR PER DAY.**



UNDER 1



AGE 1-2



AGE 2-5



AGE 8-18

*\*Please note: the infographic statistics represent actual averages as compiled by the Campaign for a Commercial-Free Childhood. They are not recommendations.*

Screen time and watching television has been linked to brain changes in kids, and too much daily screen time means children have less time for play and movement. The American Academy of Pediatrics, The White House Task Force on Childhood Obesity, and others recommend discouraging any screen time for children under the age of two and less than two hours a day of educational programming for older children.

Not only do the rapid-fire changes that happen in most screen activities, affect the visual processing system and vestibular system, it can affect behavior and learning. If you notice that your kids are cranky unless they get time with their screen, your teen is unable to stop using platforms like social media, or screen time starts affecting daily life, it might be time to put limits on family screen time.

Apps for parents to monitor and limit screen time:



Zift



Qustodio



Norton Family



Screen Time



unGlue

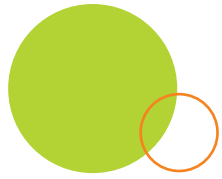
**DID YOU  
KNOW:**

Children with 2 or more hours of daily screen time are more likely to have increased psychological difficulties, including hyperactivity, emotional and conduct problems, and difficulties with peers?

**WE'VE HELPED MORE THAN  
45,000 KIDS AND THEIR FAMILIES  
FOR OVER 10 YEARS.  
YOUR CHILD'S SUCCESS  
IS OUR MISSION.**



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# SCREEN-FREE ACTIVITY IDEAS



WRITE & ILLUSTRATE A STORY

SCRAPBOOKING

MAKE A PUPPET SHOW

PHOTOGRAPHY

PUZZLES

HIDE & SEEK

MAKE SLIME

TOY CAR WASH



PAINT & BUILD MODEL AIRPLANES

FREEZE DANCING

LISTEN TO MUSIC



RED LIGHT, GREEN LIGHT

FORT BUILDING

PLAY IN DIRT

SIDEWALK CHALK

BLINDFOLD TASTE TEST

GARDEN

VOLUNTEER

PLAY SOLITAIRE

WATCH THE NIGHT SKY

LEARN THE CONSTELLATIONS

BLOW BUBBLES



COOK

WALK YOUR DOG

TAKE A NATURE HIKE

LEARN CALLIGRAPHY

LEARN TO USE A COMPASS

WRITE A LETTER

STUDY SIGN LANGUAGE



PLAY AN INSTRUMENT

HOPSCOTCH

PLAY BOARD GAMES

CRAFTING

SING A SONG

FLY A KITE

PLAN A PICNIC

READ

HELP A NEIGHBOR

At Brain Balance, we believe too much screen time affects the ability of the brain to form healthy connections, leading to behavioral problems and other developmental issues. To learn more about our program, call 800-877-5500!