



# Screen and Your Kids



**0-2 years old**  
Avoid any  
screen time

**2-5 years old**  
Limit sedentary  
screen time

Less than  
1 hour

Beware of the  
Time



Enjoy Your Life  
**OFF SCREEN**

Pay Attention to **3Cs**  
In choosing quality screen activities



**Child:** Uniqueness



**Context:** Parental Company



**Content:** Quality



Department of Health