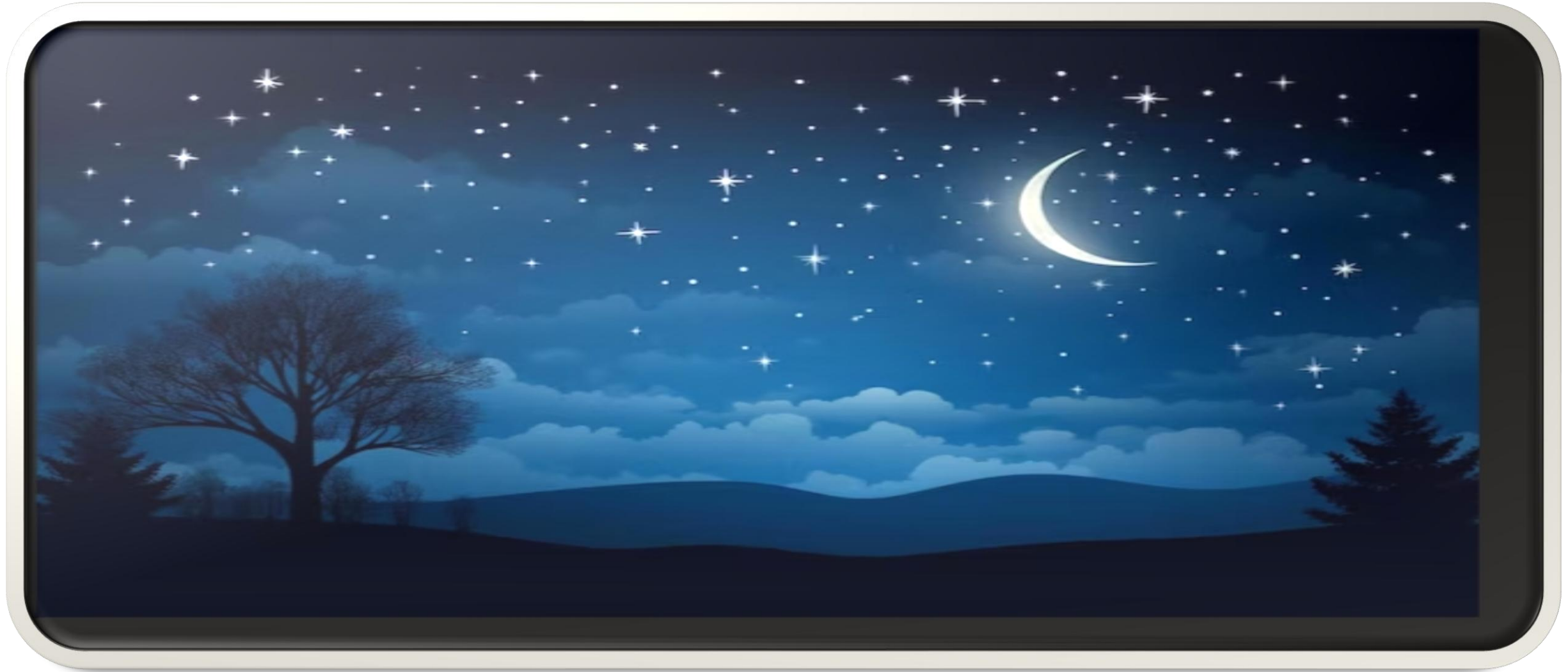


Minimizing Screen Time & Developing Good Sleeping Habits



AVROHOM FORDONSKI,
SCHOOL NURSE- OCTOBER 14TH, 2026



- This child looks so peaceful!!
- Now we want to figure out how to look so relaxed when going to sleep...

There are many different ways!!

HOW CAN YOU LIMIT YOUR CHILD'S SCREEN TIME



**Set healthy
screentime limit**



**Avoid using
screentime as rewards**



**Encourage
screen-free activities**



**Explain them how
screentime is harmful**



**Avoid using
screen during meals**



**Be a good
role model
for ur kids**

Screen Time Boundaries

- **Set fixed screen time with structure-** Decide on specific times for screens (such as one show after school or a set window before dinner) so your child knows what to expect.
- When there is routine, the chances are greater the child will be more accepting to it.
- **Avoid using screen time as reward-** There is research published via Psychology Today that shows that using devices to control or reward behavior is directly linked to children spending more total time on screens and developing a harder time self-regulating. Instead, maybe offer a toy or some fun activity with you alone.
- This is also a good time to explain to your child that too much time screen time can hurt their eyes and make it hard to fall asleep, to help them understand why you are limiting their screen time.

Screen Time Boundaries

- **Encourage screen-free activities-** We can use this screen-free time to play outside, it is always good to get exercise and moving around. Or have them play with toys or reading indoors, especially on a cold or rainy day. Play a game (like a fun board game) with them. I love a good board game!!
- **Anything that a parent can do with their child, often the child enjoys the time the parent is spending with them just as much as what they are doing!**
- **Avoid using screens during mealtime-** There is something nice about spending time during meals with our kids, focused on each other while eating. With no screen distraction, we can connect much better with our child.
- **Another important factor on this last point....**

Be a good role model for our children!!!

- I think this is the most important point. First, we know how much they watch what we do. If you are using your device less when our children are around or when doing activities with them, they are more likely to give less importance to screen time.
- Also, when we focus on them or on what they are doing, I think they notice the attention they are being given and they feel better about themselves!! Every bit of attention can make a difference!!

https://www.amazon.com/Amonev-Magnetic-Toddlers-Children-Stickers/dp/B088FJ93VF



[Click to see full view](#)

Amonev Magnetic Bedtime Routine Chart Reward Chart and Sleep Training Stay in Bed Chart for Boys Girls Toddlers and Young Children with 50 Magnetic Stars Included

Brand: Amonev

4.4 ★★★★★ (153)

\$19⁹⁹

Get \$50 off instantly: Pay \$0.00 \$19.99 upon approval for Amazon Visa. No annual fee.

Get Fast, Free Shipping with Amazon Prime

[FREE Returns](#)

- **BEDTIME ROUTINE CHART:** Bedtime Routine training reward charts A4 size, our colourful and vibrant Children's reward chart will encourage your child to start following their bedtime routine. There is space at the top to personalise the chart with a non-permanent marker
- **BEDTIME MADE FUN:** Designed to be fun and engaging while encouraging your child to use their initiative and follow the bedtime steps of Brushing teeth, Going to the toilet, Having a wash, Putting on pyjamas, Reading a book and most importantly Staying in bed without being told
- **REWARD SUCCESS:** Little achievements leads to big success, help to motivate your child in following the steps by giving them a star when they have accomplished a task on the chart. 50 magnetic stars included.
- **100% REUSABLE:** Our magnetic stars can be reused over and over again. Never worry about buying another chart or more stickers again!

tiles or glass, a fully magnetic back, allowing you to attach to fridge or a string hanger to hang on a hook. **SAFE FOR BATHROOM**

prime

Enjoy fast, free delivery, exclusive deals, and award-winning movies & TV shows.

[Join Prime](#)

\$19⁹⁹

Get Fast, Free Shipping with Amazon Prime

FREE delivery September 22 - October 12 on orders shipped by Amazon over \$35

Or fastest delivery **September 22 - October 10**

📍 Delivering to Queens 11691 - [Update location](#)

Quantity: 1

[Add to cart](#)

[Buy Now](#)

Ships from Amazon

Sold by Burmont's Speciality Gifts

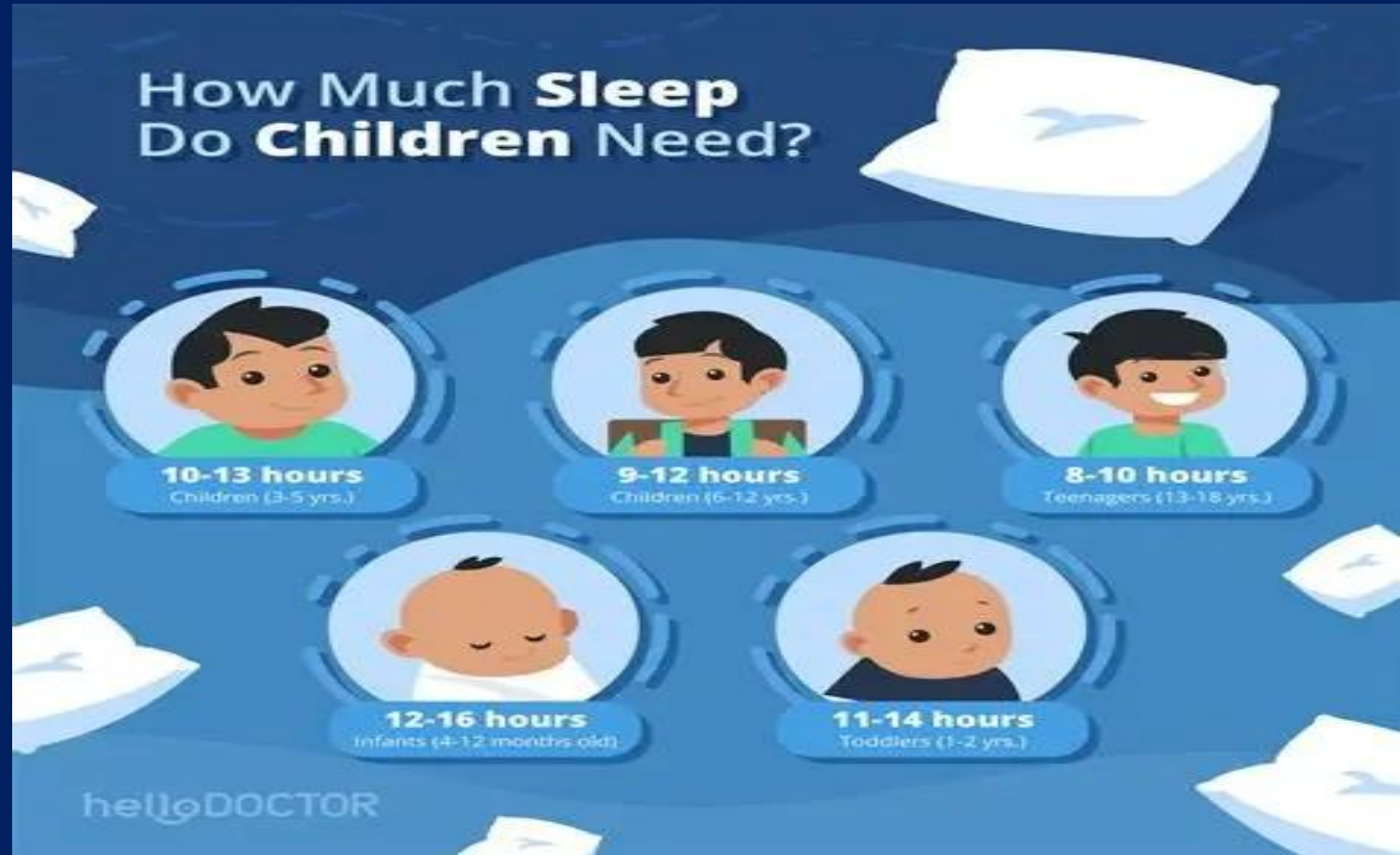
Returns FREE 30-day refund/replacement

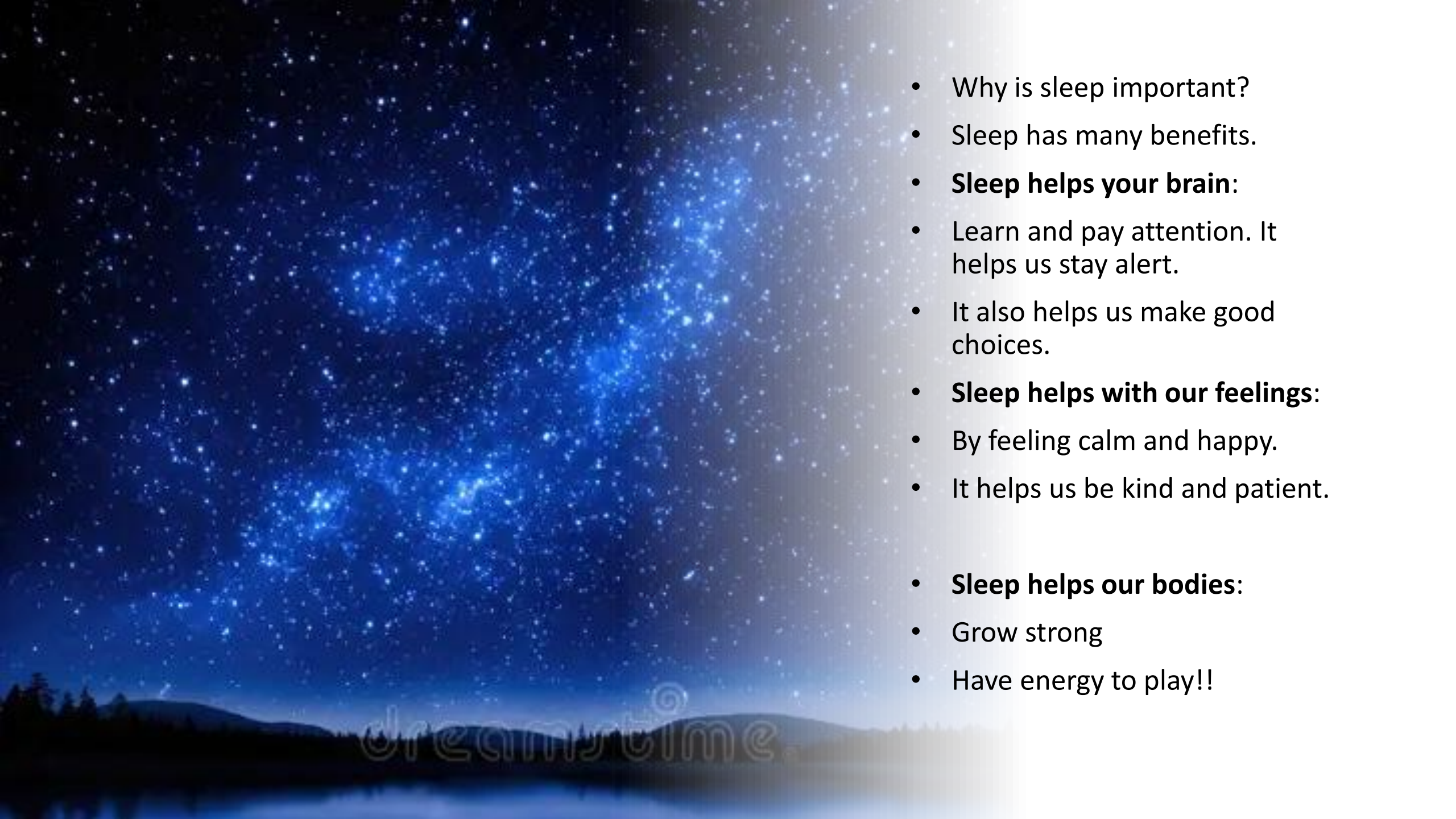
Payment Secure transaction

[See more](#)

[Add to List](#)

Before developing good sleeping habits, we must know how much sleep children need.





- Why is sleep important?
- Sleep has many benefits.
- **Sleep helps your brain:**
- Learn and pay attention. It helps us stay alert.
- It also helps us make good choices.
- **Sleep helps with our feelings:**
- By feeling calm and happy.
- It helps us be kind and patient.
- **Sleep helps our bodies:**
- Grow strong
- Have energy to play!!

Here are some ways to develop good sleeping for children:

- Consistent routine- Putting your child to sleep the same time each night, waking them up the same time each morning, even on weekends and school breaks like the holidays, protects their circadian rhythm or natural body clock.



- **Bedtime Routine:**
- Have the children start winding down 30-60 minutes before bedtime.
- This is a good time to turn off the tablets, phones or TVs. The blue light from the screens can stop the body from making melatonin, which is a sleep hormone.
- Do the bedtime activities from least relaxing to most relaxing. For example, have them put on pajamas, brush their teeth and then get into bed and reading a book.
- Put the younger kids to bed when they are drowsy, but awake, so they learn to fall asleep on their own.





- **Sleep Environment**
 - A cool and dark room, use black-out curtains if necessary.
 - Beds are for sleeping only, not to do homework, watch TV or play games!
 - Use a white-noise machine to block out noises in the house or from outside (I like the thunderstorm option!)
 - **Daytime Habits**
 - Encourage physical play and lots of exercise to help them burn energy.
 - Limit the caffeine, like sodas, energy drinks, teas and chocolate in the afternoon and evening.
- Offer a light snack like a banana or yogurt instead of something heavy or too sugary.





Any questions
before you fall into a
nice, comfortable
sleep?