

PLAY PACT

We the family
aim to reduce our daily screen time by minutes
and pause for play starting on

Sign Here:



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WITH SO MANY SCREENS IT CAN BE TOUGH TO GET OUR KIDS UP AND ACTIVE.

The Play Pact is our way for families to decide together that they are going to reduce daily screen time and be more active.

To make a Play Pact fill in your family name and decide how much less time your family aims to spend on their phones and devices each day. Once that is agreed, get each family member to sign the Play Pact, or smaller kids can add a thumb print. You can then stick it on your fridge or somewhere visible as a reminder for the family.



WHY COMMIT TO THE PLAY PACT?

The Play Pact is a way for families to decide together to put down the screens and be more active to start your kids on the way to a healthier life. Too much screen time can impact on a child's physical activity, what they eat and how much sleep they get.

PLAY PACT

LET'S COMMIT TO REDUCING SCREEN TIME

This means spending less time on devices including: laptops, desktops, tablets, smartphones and in front of the TV.

HOW MUCH SCREEN TIME IS OK?

- › Try to avoid screen time completely for under 2s
- › Try to keep screen time for 2-5 year old to 1 hour each day
- › For children over 5, have clear limits and a good guide is no more than two hours each day

When making the family Play Pact, everyone should agree the limits together and everyone including parents should try to stick to them. Children will watch what you do so if you keep to the Pact, then it's more likely that they will too.

SHOULD I HAVE SCREEN-FREE ZONES IN THE HOUSE?

Yes, as a start keep screens out of bedrooms or turned off during meal times.



HOW CAN WE REPLACE SCREEN TIME?

Becoming more active doesn't have to mean organised sports, it can be any outdoor activities like hopscotch or chasing, or if the weather keeps you indoors, play hide-and-seek or swap the toons for some tunes and dance.

Anything that gets the family up, moving and their hearts beating a little quicker counts.



HOW ACTIVE SHOULD MY KIDS BE?

- › Under 5s should aim to be active for 3 hours day
- › Over 5s should aim to play and/or be active for 1 hour each day
- › Parents should aim for 30 minutes or more of physical activity 5 days a week

If you are starting from very little physical activity START by getting everyone moving for an extra 10-15 minutes each day.

HOW DO I MAKE SURE THE NEW RULES STICK?

By agreeing your goals together and committing as a family, everyone will be more likely to stick to the new rules. Make sure your goals are realistic and achievable. Review these regularly as you go along to make sure. It's about taking small steps together to start the family on the way to a healthier life

FOR MORE INFORMATION, TIPS AND ADVICE GO TO MAKESTART.IE