



# Green Planet Daycare Screen Time Policy

Green Planet Daycare cares about the health and wellbeing of children. We follow the best practice recommendations on screen time:

- Children should watch less than 30 minutes per day at child care.  
→ In the morning, 15 minutes of story time and another 15 minutes in the afternoon of story time.

**Screen time includes the use of:** television, videos, computers, and video games in care.

We understand that TV and other screen time can get in the way of playtime, physical activity, and interactions with others, which all contribute to learning and healthy physical/social development; therefore, we restrict screen time by adhering to the following guidelines:

- We allow a maximum of 30 minutes per day of educational, age appropriate screen time.
- We do not allow television or movies to be left on as background noise.
- We do not have television or movies playing during mealtimes.
- We do not offer screen time as a reward.