

# Time Well Spent

CHILDREN COMIC BOOK

ل



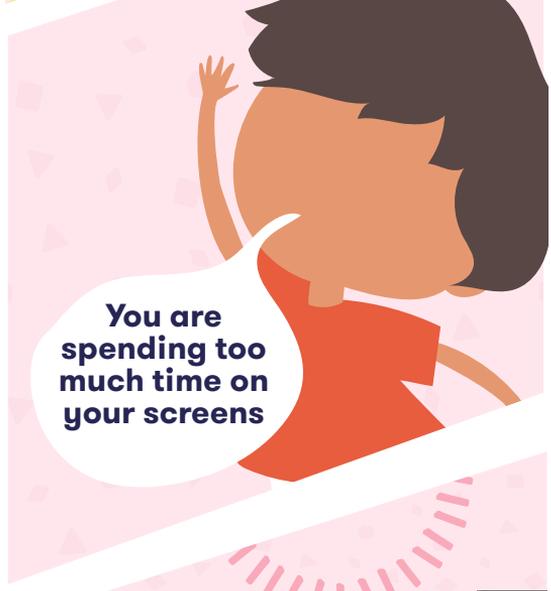


Let's go play

Yes, I guess you are right



Let's go play outside!



You are spending too much time on your screens



Wait for me, I'm going to go wear my shoes



## STORY ONE



# What is the recommended screen time for children?

- **No screen time** for children younger than 2 years old •
- **No more than 60 minutes of screen time** per day for children 2-5 years old •
- **No more than 120 minutes of screen time** per day for children 5-8 years old •

Scan the QR code to read our  
**Healthy Use of Technology Guidebook**



# STORY 2





## STORY TWO

# Did you know?



Including your child in the process of **food preparation** is a great way for them to put away their electronic devices while eating.

## APPLE DOUGHUTS

### INGREDIENTS:

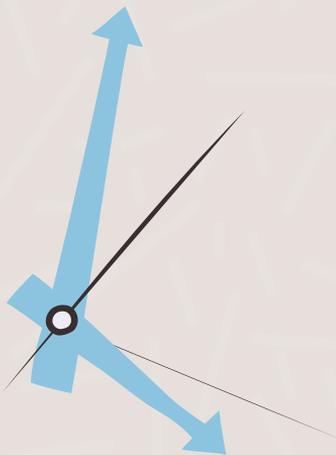
3 APPLES  
3 - 4 TSP PEANUT BUTTER  
150 G SOFT CHEESE  
2 TSP HONEY  
3 - 4 TSP ALMOND

### METHOD:

1. **Mix** the soft cheese with the honey and **set aside**
2. **Peel** the apples & **slice** each into 5 or 6 rings, about 1 CM thick
3. **Stamp out** a circle from the middle of each slice, to **create a doughnut shape.**

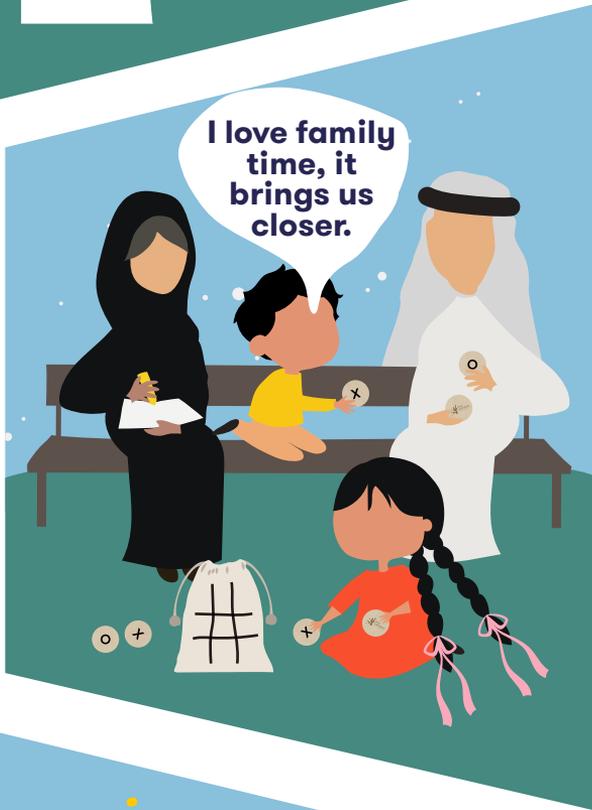


**A healthy and delicious snack for you, and your child.**



Scan the QR code to read our **Healthy Use of Technology Guidebook**







STORY THREE



# What are the harms of excessive screen exposure on children?

## **NEGATIVE EFFECT ON THE PHYSICAL HEALTH**

such as obesity, irregular sleep, nearsightedness, and eye fatigue.

## **NEGATIVE EFFECT ON THE MENTAL HEALTH**

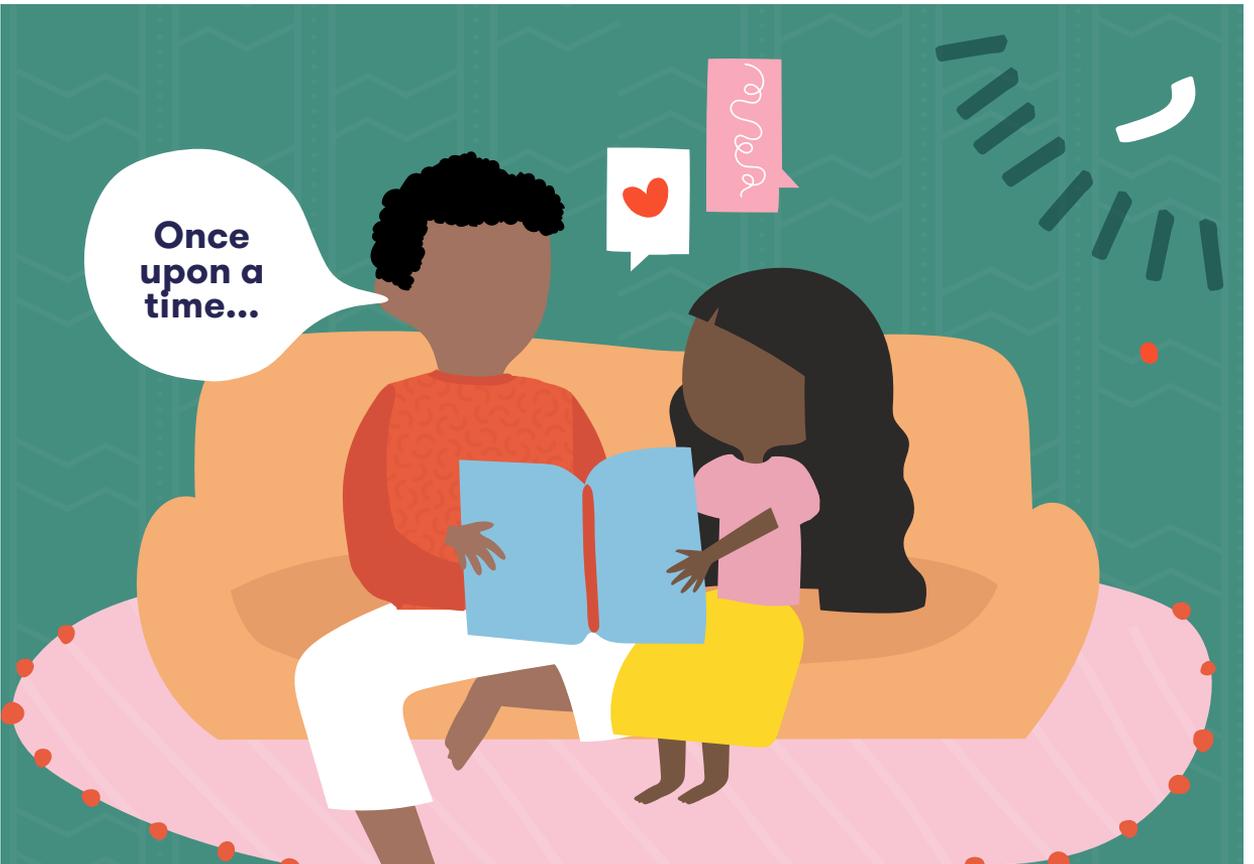
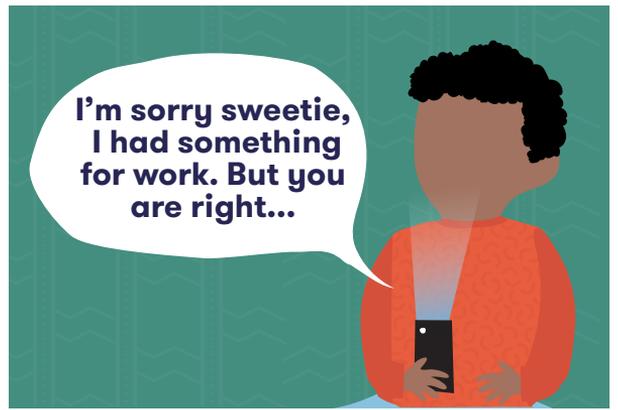
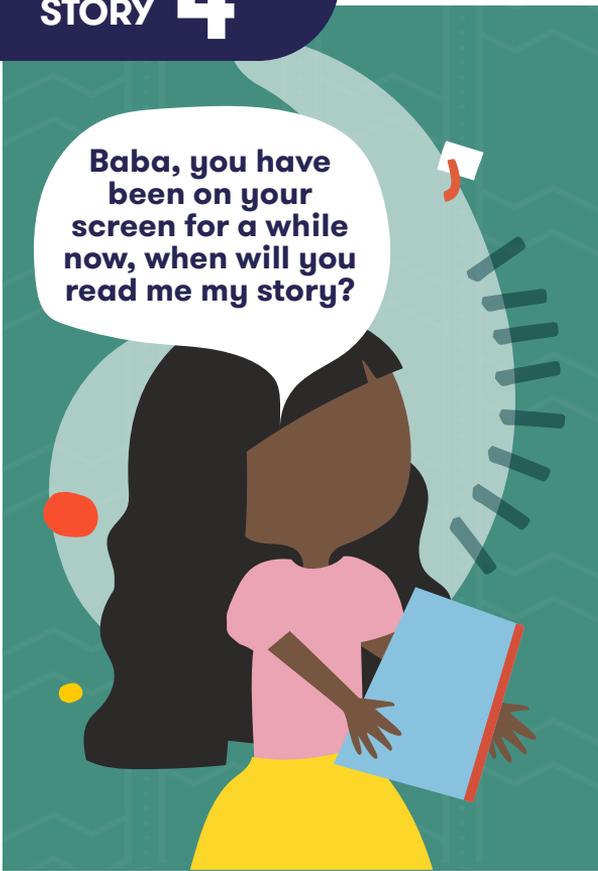
such as depression, language development delays, and behavioral issues.

## **NEGATIVE EFFECT ON THE CHILD'S SOCIAL DEVELOPMENT**

as it displaces parent-child interaction/bonding.

Scan the QR code to read our  
**Healthy Use of Technology Guidebook**





## STORY FOUR

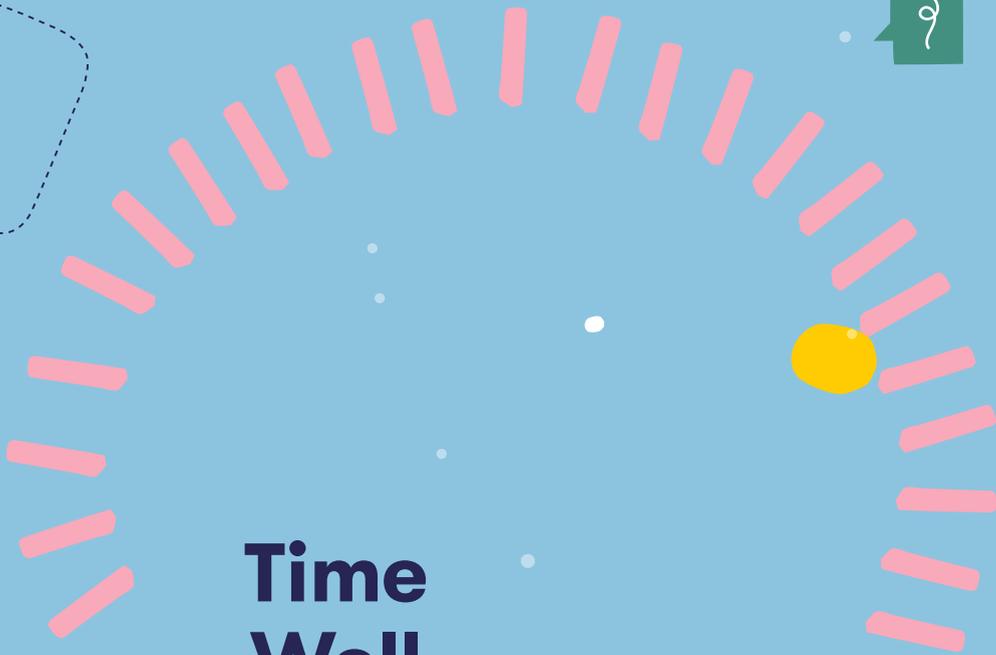
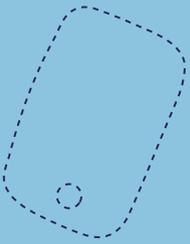
# Tip of the day.

### LEAD BY EXAMPLE

and reduce your exposure to screens in front of your child  
by interacting with family.

Scan the QR code to read our  
**Healthy Use of Technology Guidebook**





# Time Well Spent

