KEEP IT REAL

Have they...

R — **Read**, written, drawn or created?

E — **Exercised**, explored outdoors or played?

A — **Asked** or been asked about their day, connecting with family or friends?

L — **Lived in the moment** - Had a chance for boredom or spontaneous play?

Before you say yes to going online, why not ask your child if they have kept it **REAL** today?

HPFSS FAMILY PLANS & RESOURCES

https://healthprofessionalsforsaferscreens.org

read, write, draw

Better health and well-being

R

exercise/ explore

E

Lower the risk of myopia (short-sightedness)

Ask / connect

Boost emotional resilience

A

Live in the moment

L

Spark creativity

HEALTH PROFESSIONALS FOR SAFER SCREENS

Best Start to Life