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ways your pediatrician wants you to unplug

Actions speak louder than words, and children's behavior will model yours.

So if we want children to unplug, we need to unplug, says Ann Saluke, MD, a pediatrician affiliated with Cincinnati Children's who practices at Anderson Hills Pediatrics. This is her advice for parents.

1. Unplug at mealtime.

Set the rule that no technology is allowed at the dinner table. No TV, no cell phones, no texting.



2. Unplug when in the car.

Cell phone use and texting increase the risk of accidents. Respect yourself and your passengers enough to turn it off.



3. Unplug and discover the world with your kids.

Use all of your senses.
Use your imagination.



4. Unplug and take time to talk to your kids.

Talk to them about their day. Teach them to communicate with real people.



5. Unplug TV and internet access in kids' bedrooms.

Their bedrooms are for sleeping.



6. Unplug, but know what your kids are plugged into.

When they are plugged in, know the apps and websites your kids use.



MORE INSIDE: Can too much "screen time" really be harmful for kids? Pediatricians say yes. Read the "Ask the Pediatrician" column on Page 2. And a pediatrician who owns a children's bookstore weighs in on Page 4.