Using screens such as iPad isn’t always a negative. There are lots of fun and interactive ways to incorporate screens into your child’s routine.

1. **Physical and Cognitive Engagement (Thinking and moving).**
   Research suggests that screen time can be beneficial to children’s development only if it involves physical and cognitive engagement, such as playing physically active video games or completing homework on a computer but not watching TV or a DVD, which is sedentary and passively receiving screen-based information.

2. **Watch some interactive YouTube videos.**
   For example, Cosmic Yoga for Kids, which encourages movement with fun and interactive stories and visuals.

3. **Help Build Core Strength.**
   Children can lay on the floor propped on their elbows when playing on an iPad or computer to help build core strength.

4. **Monitor Screen Time**
   Monitor and guide your children’s screen time. This can ensure they are accessing appropriate content while helping them retain useful educational information. There are tips on how to monitor and manage your child’s screen time on: [https://www.esafety.gov.au/parents](https://www.esafety.gov.au/parents)

5. **Some great apps to get children up and moving include;**
   - **GoNoodle Kids;** Encourages kids to move, jump dance and sing through interactive videos
   - **Sorkit Kids;** where fitness is turned into fun games for children to help with strength, agility and flexibility
   - **Super Stretch Yoga;** yoga videos and moves for children.
   - **Just Dance Now;** Children can access videos, songs and choreography for fun dance moves.
