

Screen Time

Turn on the fun!

Life is lots more fun when you join in! Try these activities instead of watching TV!

- Ride a bike
- Go on a nature hike
- Put together a puzzle
- Put on music and dance
- Read a book or magazine
- Play board games
- Rollarblade
- Walk, run or jog

Tame the TV and Computer!

Set limits! Know how much screen time your child is getting!

1. Set some basic rules, such as no TV or computer before homework or chores are done.
2. Do not watch TV during mealtime
3. Use a timer. When the bell rings it's time to turn off the TV or eliminate TV time during the week.

Tips

- Help your child plan TV viewing in advance.
- Keep books, magazines and board games in the family room
- Make a list of fun activities to do instead of being in front of a screen.
- Set family guidelines for age-appropriate shows.

Did you Know?

- Screentime includes TV, computer, Playstation, Wii and Gameboy. All are important to limit.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.
- Healthy Screen Time
 1. No TV/computer in the room where the child sleeps
 2. Not TV/computer under the age of 2
 3. One hour educational TV/computer time between ages 2 and 5
 4. After the age of 5, 2 hours or less