



2 hours or less of daily TV or computer use!

Healthy Screen Time Means:

- No TV/computer under the age of 2
 - No TV/computer in the room the child sleeps
 - One hour of educational TV/computer time between the ages of 2 and 5
 - After the age of 5, 2 hours or less
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Set Limits!

- Set some basic rules such as no TV or computer before homework or chores are done.
 - Do not watch TV during mealtime.
 - Use a timer. When the bell rings its time to turn off the TV or computer.
 - Set family guidelines for age-appropriate shows.
 - Keep books, magazines, and board games in the family room.
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Did you know?

- Screen time includes TV, computer, gaming consoles/handhelds, tablets, and smartphones. ALL are important to limit!
- Watching TV is associated with more snacking and increased obesity.
- More than 2 hours of TV has been linked to lower reading scores and attention problems.

Try these Activities!

- Ride a bike
- Go on a hike
- Put together a puzzle.
- Turn on music and dance.
- Read a book.
- Go to the park or beach.
- Play board games.
- Play ball.
- Go to the library.
- Walk, run, or jog.

