



“How do I keep my child’s screen time to less than 2 hours a day?”

★ Set limits.

- Let your child watch TV, but limit it to less than 2 hours.
- Keep the room where your child sleeps TV-free.

★ Plan what to watch.

- Use program guides and TV ratings to help your child pick what to watch.
- Turn the TV on to watch the program, and turn it off when show is over.

★ Keep meals TV-free.

- Use mealtime as a time to talk to one another about the day.

★ Avoid ads.

- Most advertising to children is for unhealthy foods.
- Watch videos and DVDs instead of TV to avoid ads and cut down on time.

★ Think of other options.

- Watching TV can be a habit. Help your child make a list of other things to do.
- Encourage your child to play outside and be active whenever possible.

★ Keep TVs out of bedrooms.

- Kids who have TVs in their rooms tend to see more violent and adult content, more junk food ads, have more sleep problems, and watch much more TV.

★ Lead the way.

- Seeing you cut back your own TV time will help your child do it too.

Watch less, and play more!

Kids need at least 1 hour of physical activity every day.