Limit recreational screen time to two hours or less.*

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.
- Turn on the music and dance.
- Read a book or magazine.
- Spend time catching up with your family.
- Take your kids to the park or beach.
- Play board games.
- Walk, run, or jog.
- Start a journal.
- Play ball (basketball, catch, soccer, etc.).
- Go to the library.
- Explore gyms in your community.
- Rollerblade.
- Play charades.
- Sled, ski, or snowshoe.

Easy Rules!

Tame the TV and Computer!

Set Limits – know how much TV your child is watching.

- 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 it's time to turn off the TV.
- Eliminate TV time during the week.

Tips

Help your child plan television 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, 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:
  - *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 ages 2 and 5*
  - *After the age of 5, 2 hours or less*

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

READY, SET, GO! 5 2 1 0

Adapted from materials developed by Let's Go! Maine, www.letsgo.org

www.multicare.org/marybridge/5210

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