



2 HOURS MAXIMUM OF SCREEN TIME



WHAT IS SCREEN TIME?

Screen time includes time used for educational and non-educational purposes on these devices:

- TVs
- Computers
- Video games
- Hand-held games and tablets
- Cell phones

WHY LIMIT SCREEN TIME?

Screen time may:

- prevent physical activity
- lead to weight gain
- encourage us to overeat
- negatively affect school performance
- expose kids to unhealthy food marketing

RECOMMENDATIONS

For ages 2 to 5:

- Limit screen time to 1 hour or less of high quality programming each day, but no more than 30 minutes at a time.
- Use the programs with your child to interact and enhance learning.

For ages 6 to 18:

- Set consistent limits on the time and types of screens children use.
- Limit recreational screen time to no more than 2 hours each day.
- Make sure screen time is not replacing sleep, physical activity, school, homework and other healthy behaviors.

START BY MAKING SMALL CHANGES

- Turn off the TV when not watching.
- Set a rule to have an hour of physical activity before turning on a screen.
- Each week, cut out 15 minutes of non-educational screen time a day until you are down to less than 2 hours a day.
- Create a family media plan and post it in your home.
- Replace screen time with other activities.
- Create screen free zones or times (ex. dinner table, bedrooms, cars, Sunday afternoons).
- Turn off screens 1 hour before bed.



INSTEAD OF SCREEN TIME, TRY SOMETHING NEW!

Outside, 2 to 5 year olds might like to:

- Go to a playground.
- Go on a walk and collect leaves, rocks and flowers.
- Dig in the garden and look for bugs.
- Find a splash pad at a park and play.

Inside, 2 to 5 year olds might like to:

- Visit a pet store or nature center.
- Make an obstacle course.
- Paint or draw.
- Have an adult read to them.
- Build with blocks.
- Put puzzles together.



For kids 6 to 9 years old, go outside and:

- Play tag or "hide and seek."
- Go to a playground.
- Play jump rope or hula hoop.
- Ride a bike or scooter.
- Play catch.

Inside, 6 to 9 year olds can:

- Make an obstacle course.
- Make crafts.
- Build a fort.
- Using foam balls, make up an indoor ball game.

For tweens and teens, go outside and:

- Grow your own garden.
- Go to a batting cage.
- Go rollerblading or skateboarding.
- Climb a tree.
- Join a team or club.

Inside, tweens and teens can:

- Plan a meal, go grocery shopping and help prepare it.
- Find a book at the library.
- Build a model car, boat or plane.
- Learn to sew, knit or crochet.
- Draw, paint, sing or dance.
- Experiment with a new look (hair, makeup or nails).
- Organize photos and memorabilia.

With your friends or family you can:

Play inside

- Turn on music and dance.
- Choose a physical activity video on YouTube.
- Visit a museum.
- Do brain teasers or crossword puzzles.
- Write a letter to a loved one.
- Call a friend or family member.
- Visit the library.
- Sing karaoke.
- Play board or card games.
- Do a craft project.
- Do a secret act of kindness for someone.

Have fun outside:

- Walk a dog or play with a pet.
- Go on a walk or run.
- Play Frisbee.
- Go swimming.
- Ride a bike.
- Play tennis.
- Explore a hiking trail.
- Work in the yard.
- Go on a picnic.
- Wash the car.
- Play a sport or workout at a gym.
- Get together with a friend.



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