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Limit recreational TV or computer use to two hours or less.

⇒ 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

5210 Every Day!

- 5 or more servings of fruits & vegetables
- 2 hours or less recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks, more water & low fat milk

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

Charades

Sled, ski, or snowshoe



TAME THE TV AND COMPUTER!

- ✓ Participate – keep TVs, computers, DVD players, and video games out of your child's room.
- ✓ Having the TV in a common room makes watching a family activity.
- ✓ Watch TV with your child and discuss the program. Ask them questions and express your views.
- ✓ This will also let you know what your children are watching.

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 its time to turn off the TV or eliminate TV time during the week.

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.

BE A ROLE MODEL.

Because children model behavior, set a good example with your own TV viewing habits. ❖ Avoid watching programs containing adult content when your child is in the room or nearby. ❖ Have the family help with dinner. It gets them involved and shows them helping is important. ❖ Put on music and let the kids dance.