

# 2

Limit recreational screen time to two hours or less.



**Screen time includes TV, computer, video games, tablets and smart phones. All have been linked to obesity, lower reading scores and attention problems.**

## Tame the TV and computer!

### Participate.

#### Be present.

- Know how many hours each day your children watch a screen.
- Watch TV with your child and discuss the program. Ask them questions and express your views.

#### Be a role model.

- Follow your own rules. 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.

### Plan.

#### Set guidelines.

- Make your child's bedroom a "screen-free" zone, with no TVs, computers, video games or mobile devices.
- Set family guidelines for age-appropriate shows.

#### Set screen 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, it's time to turn off the screens.

### Play.

#### Find other activities.

- 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 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
- Play charades
- Walk the dog



### Guidelines by age:

- 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 of screen time for entertainment purposes.



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Adapted from the Let's Go! program in Maine.