

# TRADE SCREEN TIME FOR ACTIVE TIME

Screen time includes more than TV, it is also computer time, video games and movies. The American Pediatrics Association recommends children under the age of 2 have no screen time and those older than 2 watch only 1 to 2 hours of screen time daily.

1. Turn off TV during meals
2. Limit times screens can be on
3. No TV or computers while doing homework
4. Remove screens from bedrooms
5. Offer other activities beyond screen time:
  - a. Go for a walk or bike ride
  - b. Visit the library
6. Staring at a computer all day? Take a 10 minute walking break
7. Make sure chores and homework are completed before any screens are turned on
8. Set an example, parents need to follow the same rules as children
9. Have a conversation
10. Set a weekly family game night

**Studies have shown that decreasing the amount of TV kids watch leads to less weight gain and a lower body mass index**

**As kids get older, too much screen time can interfere with physical activity, reading, homework, playing with friends, and spending time with family**

