

## Keep TV and other screen time to less than 2 hours per day (note: this does not include school work)

### Why is limiting screen time important for health? In general, kids who get less screen time...

- Do better in school
- Read better
- Sleep better
- Eat healthier foods
- Weigh less
- See less violence

### How can I keep my child's screen time to less than 2 hours a day?

- Set limits and plan. Decide on what to watch, and turn off the TV when the show is over.
- Keep meals screen-free. Use mealtime to talk about the day.
- Keep devices out of bedrooms. Kids who have TVs in their room watch more, see more violent and adult content, more junk food ads, and have more sleep problems. Avoid screen time within 1 hour of sleep.
- Lead by example. Manage your own screen time use.
- Think of other options. Screen time can be a habit. Help your child make a list of other things to do.
- Go outside instead! Encourage your child to play outside and be active whenever possible. Kids need at least 1 daily hour of physical activity. Watch less and play more!



**Create a plan.** The American Academy of Pediatrics has a fantastic tool called the Family Media Use Plan that can help your family manage screen time effectively. Visit [www.healthychildren.org/MediaUsePlan](http://www.healthychildren.org/MediaUsePlan).