Did you know research shows that when parents set media rules, children’s media use is almost three hours lower per day! TVs are on for an average of 7 hours and 40 minutes per day! Let’s shake up the routine!

**Indoor alternatives to screen time:**
- Clean your room.
- Cook dinner for the whole family.
- Pick up a new, unique hobby.
- Learn all the words to a song you like.
- Create a dance routine to your favorite song.
- Help with work around the house.
- Teach yourself a new language (or make one up!).
- Have a quality conversation with someone face-to-face.
- Read a book for pleasure.
- Volunteer at a local charity.
- Call a friend instead of texting them.

**Outdoor alternatives to screen time:**
- Organize a neighborhood scavenger hunt.
- Take a walk with your family.
- Ride your bike or skateboard to the nearest park (don’t forget your protective gear!).
- Play catch with friends and/or family.
- Practice your favorite sport (or try a new one!).

**Suggested rules to live by:**
- 2 hours or less per day* of total screen time (includes TV, non-school related computer time, and video games).
- No TV during meal times.
- No TV during homework.
- No TV sets in any bedrooms.
- No eating while watching TV.
- No channel surfing – watch favorite shows only.
- Limit viewing to specific days/times.

*As recommended by the American Academy of Pediatrics

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