Life is a lot 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 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 free activities in your community.
- Rollerblade.
- Play charades.
- Go play in the snow (e.g. sled, ski, snowshoe, build a snowman or fort).

**Tame the TV and Computer!**

**Set Limits and Provide Alternatives.**
- Set some basic rules, such as no TV or computer before homework or chores are done.
- Do not watch TV during mealt ime.
- Use a timer: When the bell rings, it’s time to turn off the TV.
- Eliminate TV time during the week.
- Set family guidelines for age-appropriate shows.
- Make a list of fun activities to do instead of being in front of a screen.
- Keep books, magazines, and board games in the family room.

**Healthy Screen Time Means:**
- No TV/computer in the room where the child sleeps.
- No TV/computer under the age of 2.
- One hour of educational TV/computer time between ages 2 and 5.
- After the age of 5, two hours or less per day.

**Did you know?**
- Screen time includes time spent on TVs, computers, gaming consoles/handhelds, tablets, and smartphones. It’s important to limit the use of ALL screens.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.

**Limit recreational screen time hours or less every day**

Keep TV/Computer out of bedroom. No screen time under the age of 2.