

Step Away FROM THE SCREEN!

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:

- Dance to your favorite music; let the kids DJ!
- Set up an indoor obstacle course.
- Keep a balloon or beach ball aloft as long as you can.
- Do a family art project.
- Make a fort out of furniture and blankets.
- Make up and act out a skit.

Outdoor alternatives to screen time:

- Organize a neighborhood scavenger hunt.
- Take a walk with your family.
- Ride your bike to the nearest playground.
- Play catch with friends and/or family.
- See how many jumping jacks, somersaults, and/or cartwheels you can do.



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 television sets in any bedrooms.
- No eating while watching TV.
- No surfing—watch favorite shows only.
- Limit viewing to specific days/times.