



### Why Should we Turn Off the Screens?

- Screen time includes TVs, movies, computers, video games, mobile phones and other electronic devices.
- Too much screen time takes away from being active and has other negative health effects.

### How to Limit Screen Time:

- Turn off the TV when no one is watching it.
- Turn off the TV and computers during meal time.
- Limit TV and computer time to less than 2 hours a day.
- Keep TVs out of children’s bedrooms.
- Make a rule that the TV and videogames should be off until homework is done.

### Fun Things to Do When the Screens are Off

(Check once you have tried each of the following):

- Play a game you learned as a child.
- Read a book. Visit your local library!
- Walk in a park.
- Listen to some music.
- Play dominoes, jump rope, or hula-hoop.
- Play baseball, softball, Hop Scotch, and Four Square.
- Practice a hobby like playing an instrument, drawing, or writing.

**Keep a record of your child’s (children’s) screen time for one week.**

Write in the number of minutes your child spends on screen time each day.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
TV							
Computer							
Video Games							
Cell Phone							
Total Minutes of Screen Time Each Day							