

Why is it important to limit screen time?

Any time spent with screens for non-educational purposes is called “recreational screen time.” Screens include TV, video games, computers, smartphones, tablets, and other devices.

- Young children who spend less time watching TV have a healthier diet and are more physically active when they're older.
- Kids who spend too much time in front of a screen are at risk for lower reading scores, and attention and learning problems.



Life is a lot more fun when you join in!

- Make an obstacle course.
- Play ball.
- Fly a kite.
- Climb a tree.
- Blow bubbles.

To learn more about Let's Go! 5-2-1-0, visit letsgo.org



LIMIT RECREATIONAL SCREEN TIME TO 2 HOURS OR LESS EVERY DAY

2



www.letsgo.org



Keep screens out of the bedroom.

No screen time under the age of 2.

What can **you** do?

**Turn off the screens
and turn on the fun!**



set limits

- Turn off screens during mealtimes.
- Have a “tech-free” time each day, such as during homework time.
- Set a timer to help kids keep track of screen time.

provide alternatives

- Keep books, magazines, and board games in the same room as the TV/computer.
- Listen to audio books or music.
- Set up a crafting or coloring station.
- Put together a giant puzzle—this could take several evenings!
- Make dinner as a family.

Follow national recommendations for limiting screen time

- Limit screen time to 2 hours or less each day.
- No screen time for children under the age of 2.
- Do not allow screens in kids’ bedrooms.
- Provide other entertainment options such as books, magazines, and board games.
- Create a Family Media Use Plan, a written guide with agreed-upon rules around screen time. For ideas, go to healthychildren.org.

Be a healthy screen time role model

- Set a good example with your own screen habits.
- Follow the same rules you set for your children.

