

STRATEGY 5: Limit Recreational Screen Time

how to implement

Today's children are getting far too much screen time when compared to recommended limits. Here are several ways you can help children limit their recreational screen time. Pick and choose what works best for your program!

Bolded items mean there is a supporting handout in this section!

SCREENS

include TVs, computers, video games, tablets, and smartphones.

RECREATIONAL SCREEN TIME

is screen time used for non-educational purposes.

Be smart about screen time:

- Prohibit screen time for children under the age of 2.
- For children 2 and older, aim to use screen time for educational purposes only.
- If you allow recreational screen time for children aged 2 and older, limit it to 2 hours or less each week.
- Use physical activity to replace screen time. Get some ideas from the **Pause to Play** handout.
- Remove the television from the care room(s). If you can't remove it, cover it up with room dividers or a fabric barrier.
- Use a timer to cue children when their screen time is up.
- Use audio books or soft music for rest time instead of television.
- Identify screen-free alternatives with the kids' help using the **My Favorite Things to Do Instead of Watching TV** worksheet.
- Create **Take Home Activity Bags** to replace screen time.

Learn about the importance of limiting recreational screen time and how to do it and share this knowledge with families using these handouts:

- **Limit Recreational Screen Time to Two Hours or Less**
- **Promote Healthy Viewing Habits**
- **Unplugged!**
- **Screen Time and the Very Young**
- **National Screen-Free Week**
- **Tips for Reading to Young Children**

Set a program policy that limits recreational screen time.

- Refer to the **Let's Go! Recognition Program packet** in the 'Step 5: Celebrate' Tab for help with this.



unplugged
can be fun!

