

# REDUCE SCREEN-TIME

**WHAT IS SCREEN-TIME?** It is the total amount of time spent watching TV, videos, or DVDs. Screen-time also includes video games as well as the use of computers, smart phones, and tablets each day.

## TURN IT OFF, AND DO SOMETHING NEW!

**LISTEN TO THE RADIO. WRITE A LETTER.**

**SHOOT SOME HOOPS. PAINT A PICTURE.**

**PLANT A GARDEN. READ A BOOK.**

**VOLUNTEER. READ TO SOMEONE ELSE.**

**GO SWIMMING. MAKE A PUPPET SHOW.**

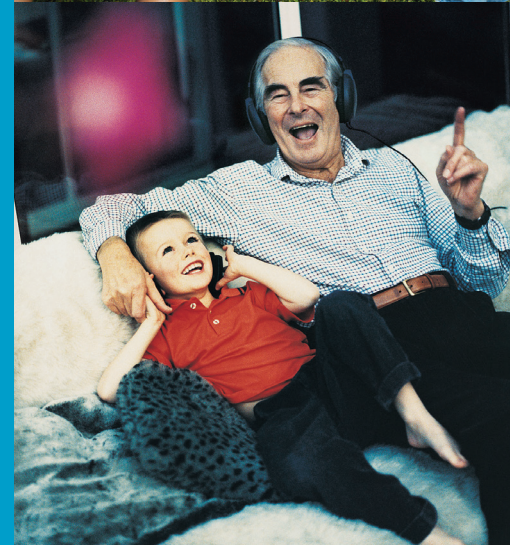
**REDECORATE YOUR HOUSE. PLAY TAG.**

**HAVE A GARAGE SALE. FLY A KITE. GO FOR**

**A HIKE. PLAY CARDS. MAKE A FORT. HAVE**

**A DANCE PARTY. START A ROCK BAND.**

**BIKE RIDE. WRITE A PLAY. VISIT THE ZOO.**





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**THE AMERICAN  
ACADEMY OF  
PEDIATRICS  
RECOMMENDS  
THE FOLLOWING:**

- 1. No TV viewing for children under the age of 2.**
- 2. Only 1-2 hours per day of quality programming for older children.**
- 3. Remove television sets from children's rooms.**

## **10 WAYS TO REDUCE SCREEN-TIME AT HOME:**

- 1. Have TV Free days at home. Make a "No TV" sign to hang on the TV on those days.**
- 2. Cancel your cable subscription.**
- 3. Turn off all screens, including TV, smart phones, and tablets, during meals.**
- 4. Take the TV out of your bedroom and your child's bedroom.**
- 5. "No TV or video games" shouldn't be used as punishment.**
- 6. Avoid using the TV, smart phone, or tablet as a baby-sitter for children.**
- 7. Hide the remote control.**
- 8. Earn screen time minutes with physical activity minutes.**
- 9. Tape your favorite show and watch it later. This stops channel surfing.**
- 10. Put the TV or computer out of plain site.**

**For more information on reducing screen-time, visit [www.screenfree.org](http://www.screenfree.org).**