



Healthy & Fit Families.

Limit screen time

There are some simple things a family can do to help kids succeed in school and promote healthy weights. Reducing the amount of time spent sitting in front of a screen – TV, computer or video game – is one of those simple things.

DID YOU KNOW?

One out of 3 children watch more than 4 hours of TV a day. Watching more than 2 hours of TV a day...

- Decreases the time spent reading, doing homework and has a negative effect on school performance.
- Decreases the amount time spent moving and being active.
- Increases the likelihood of unhealthy snacking, exposure to advertising for unhealthy foods and gaining too much weight.
- Increases aggression and behavior problems.

WHAT CAN YOU DO?

- Keep TVs out of your child's bedroom.
- Set a viewing limit for each child and let them plan their TV viewing for the week.
- Make a list of favorite things to do instead of watching TV or playing video games. Some ideas – reading books, arts and crafts, outdoor activities, listening to music.
- Make meal time family time – turn off the TV and talk to each other.
- Don't let the TV entertain (babysit) your child during the day. Encourage your child to play indoors or outside instead of watching TV.

Take the Family CHALLENGE–Move away from the screen

Mark (X) the actions you will do so you and your children can sit less and move more this month.

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| <input type="checkbox"/> Keep track of how much screen time you get in a week – then set a goal to get less. | <input type="checkbox"/> Go for a walk or play a game instead of turning on the TV. |
| <input type="checkbox"/> Plan your TV viewing for quality programs. Limit to 2 hours a day. | <input type="checkbox"/> Make a list of all the things you can do instead of watch TV and do a different one each day. |

For more information visit www.nutritioncouncil.org

