SKIP THE SCREEN!

Technology can eat away huge amounts of time for everyone in the family…computers, televisions, video games and phones. But did you know that the average child watches more than 2,300 hours of television each year,compared with only approximately 1,200 hours spent in school? As parents, we set the limits and examples. Try these suggestions to help your family cut back on screen time while still having fun.

Getting Healthy Together

1 **Make your family's bedrooms into "no-screen zones."** Kids who have TVs in their rooms tend to watch about 1.5 hours more TV per day than those who don't. Start today and move all of the TVs and computers into your family room or living room.

2 **Set firm limits for watching TV, playing video games and using the computer.** Many families use the following rules: no video games or computers (except for homework) on school nights, only two hours of TV on weekends and only 14 hours of screen time overall.

3 **Turn off the TV during dinner.** Consider that 40% of American families report that they watch TV during the evening meal "always" or "often." Make better use of that time together to talk about the day and find out what's happening with your kids. It's like reality TV, but right at your table!

4 **Get active when you do spend time in front of the TV.** Stretch, practice yoga, walk on a treadmill or lift weights. You might even select a program the whole family can enjoy. Challenge everyone to see who can do the most knee bends or leg lifts during commercial breaks.

5 **Don't use TV or other screen time as a reward or punishment.** This makes TV and electronic devices seem even more important.

GETTING ACTIVE TIP

- Get up and change the channel instead of using the remote.
- Walk outside and do five jumping jacks during commercial breaks.

Conversation Starters

How much weekly screen time do your kids feel is reasonable? Help them decide when and how often they should watch TV or use the computer.

ACTION FOR HEALTHY KIDS