

SCREEN TIME

BUILDING HEALTHY COMMUNITIES



'Screen time' is any time spent in front of the TV, cell phone, hand-held video device, tablet, computer or internet. Don't let *too much* screen time get to be a habit for your family. Here are some more tips to help your children spend less time in front of screens and more time being *active!*



HOW TO REDUCE SCREEN TIME :

- Track your family's screen time using a chart - *put it in an easy to see spot in the home, as a reminder!*
- Aim for less than 2 hours of screen time a day
- Try to be physically active for 60 minutes each day
- Play outside
- Learn a physically active hobby
- Join a league or team sport
- Try to have family meals *at least 2 - 3 times a week - families that eat together tend to eat healthier!*
- Spend time asking questions or telling stories
- Turn off the TV during family meals - *when the TV is on, kids are also more likely to see ads that can influence them into choosing less nutritious foods!*



BE A POSITIVE ROLE MODEL :

Studies show that children really do listen to their parents and follow their parent's actions. If you reduce your screen time more, your children will reduce theirs too!

NAME

SCREEN-TIME

James Potter



45 Minutes

Lilly Potter



1.5 Hours

Harry Potter



1 Hour

SCREEN TIME LOG