Limit Your Family’s Screen Time

The Facts*

Children and teenagers spend the following amount of time daily in front of the screen:

- Approximately 7.5 hours using entertainment media
- Approximately 4.5 hours watching TV
- Approximately 1.5 hours on the computer
- Over an hour playing video games


Remember...

- Children should have less than 2 hours of screen time a day
- Children younger than 2 should not be exposed to screen time at all

Steps to a healthier lifestyle

- Limit your child’s screen time and enforce the rule
- Avoid using TV as reward or punishment, as it places greater value on TV for children
- Keep TVs out of the bedroom
- Make screen time active by implementing fun activities like jumping jacks or push up challenges during commercials
- Take routine walks as a family after dinner