



LIMIT RECREATIONAL SCREEN TIME TO **HOURS OR LESS** EVERY DAY

Keep TV/Computer out of bedroom. No screen time under the age of 2.

Life is a lot more fun when you join in!

Try these activities instead of watching TV.

- Ride a bike.
- Go on a nature hike.
- Play a card or board game.
- Turn on music and dance.
- Read a book or magazine.
- Spend time catching up with your family.
- Walk, run, or jog.
- Start a journal.
- Play ball (basketball, catch, soccer, etc.).
- Go to the library.
- Explore free activities in your community.
- Rollerblade.
- Play charades.
- Go play around in the snow (sled, ski, snowshoe, build a snowman or fort).
- Help make dinner.
- Play with your dog or cat.
- Do some volunteer work.

Tame the TV and computer! Set limits for yourself:

- Don't watch TV or play on the computer until your homework or chores are done.
- Keep mealtimes screen free – no TV or smartphones allowed.
- Don't watch more than one TV episode at a time.
- Don't watch any TV during the week.
- Don't keep your phone in your room at night. Charge it in the kitchen.
- Power down from all screens at least one hour before going to bed.

Did you know?

- Screen time includes time spent on TVs, computers, gaming consoles/handhelds, tablets, and smartphones. It's important to limit the use of ALL screens.



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