Limit recreational screen time to **two** hours or less.

Screen time includes TV, computer, video games, tablets and smart phones. All have been linked to obesity, lower reading scores and attention problems.

**Tame the TV and computer!**

**Participate.**

*Be present.*
- Know how many hours each day your children watch a screen.
- Watch TV with your child and discuss the program. Ask them questions and express your views.

*Be a role model.*
- Follow your own rules. Because children model behavior, set a good example with your own TV viewing habits.
- Avoid watching programs containing adult content when your child is in the room or nearby.

**Plan.**

*Set guidelines.*
- Make your child’s bedroom a “screen-free” zone, with no TVs, computers, video games or mobile devices.
- Set family guidelines for age-appropriate shows.

*Set screen limits.*
- Set some basic rules, such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings, it’s time to turn off the screens.

**Play.**

*Find other activities.*
- Ride a bike
- Go on a nature hike
- Put together a puzzle
- Turn on the music and dance
- Read a book or magazine
- Spend time with your family
- Take your kids to the park or beach
- Play board games
- Walk, run or jog
- Start a journal
- Play ball (basketball, catch, soccer, etc.)
- Go to the library
- Explore gyms in your community
- Play charades
- Walk the dog

**Guidelines by age:**

- No TV/computer under the age of 2.
- No TV/computer in the room the child sleeps.
- One hour of educational TV/computer time between ages 2 and 5.
- After the age of 5, 2 hours or less of screen time for entertainment purposes.

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Adapted from the Let’s Go! program in Maine.