

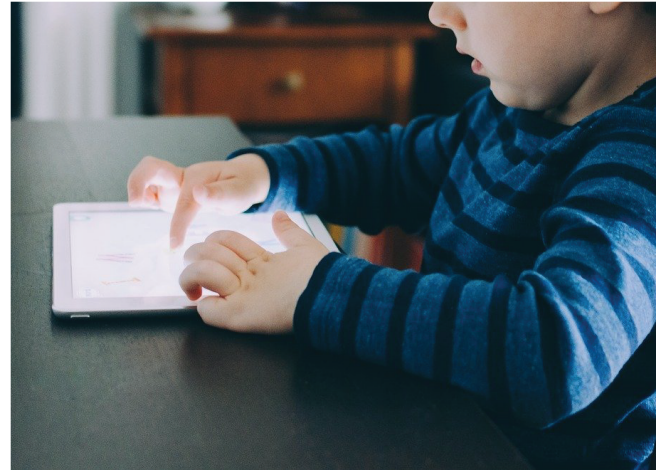
# Screen Time for Young Children

## *How Much is Too Much?*



Children under five should be physically active for at least 60 minutes a day to keep their bodies fit and healthy. It builds their bodies, minds and self-esteem.

Unfortunately, children are not being as active as they should. They are spending too much time using screen technology: tablets, smart phones, computers, hand held video games, and of course, TV. The American Academy of Pediatrics recommends limiting children's total screen time to no more than 1 to 2 hours per day. For children younger than 2, no screen time at all.



### Here are some tips to help you limit screen time:

- 1) Be a role model! Limit your screen time, too.
- 2) Do not allow a TV or computer in your child's room.
- 3) Turn off any screens during meal time or quality time.
- 4) If your child is already "hooked on screens," try reducing the number of hours of screen time slowly over a period of time.
- 5) Keep track of time to limit the use of screen technology.
- 6) Help your children make a list of fun activities that do not require the use of a screen.
- 7) Have the children pick an activity from the list when their screen time is used up.
- 8) Encourage them to go outside and play, ride a bike, jump rope, walk the dog, play hopscotch, or hula-hoop, etc.



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