

Screen Time

Screen time includes TV, computer, video games, and movies.

Some benefits of less screen time include:

- More active play
- Fewer problems with obesity
- Less violence and aggressive behavior
- Healthier self-image
- Improved attention span
- Better grades in school



- Limit screen time to **2 hours or less** per day.
- Screen time is not recommended for children younger than 2 years.

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What Should I Do?

- Set time limits for how long your child can watch TV or play video games.
- Turn off the TV during meal time.
- Place the TV or computer in a family area instead of in a bedroom.
- Encourage your child to spend more time playing.
- Use educational programs.
- Do not leave the TV on as background noise.
- Find ways to reward your child without the TV.



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Other Activities for Kids

- Play sports like soccer, dancing, baseball, football, and basketball.
- Go to the library, museum, park, playground, etc.
- Learn a hobby such as writing, coloring, drawing, reading, playing a musical instrument, etc.
- Do fun activities such as playing with blocks, play dough, board games, puzzles, etc.

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