Help Your Kids Reduce Screen Time and Move More

Here are some tips to help your children spend less time in front of a TV, computer, or video games—and more time being active.

Get started:
• First, track your family’s screen time.
• Use the We Can! Screen Time Chart to write down all of your family’s screen time. Screen time is any seated time in front of:
  > The TV or a DVD.
  > Video games.
  > Cell phones and other hand-held video devices.
  > Computer or Internet (except for schoolwork).
• Then, track your family’s physical activity.

Share goals and set limits:
• The goal for screen time is no more than 2 hours each day.
• Try to be more active over time. The goal for physical activity for children is at least 60 minutes each day.

My goal:
☐ I will limit my children to no more than ____________ hours of screen time each day.

Suggest active fun instead of screen time:
• Don’t let watching TV or playing video games get to be a habit for your family.
• Give your family ideas for other activities, like:
  > Playing outside with friends.
  > Learning an active hobby.

My goals:
☐ I will suggest that my children do these activities instead of screen time:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

☐ I will give my family the following ideas for things to do instead of screen time:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
**Make mealtime family time:**

- Turn off the TV during family meals, instead talk with your children. (You could talk about a new physical activity to try!)
- Try to have family meals at least two or three times a week. Families who eat together tend to eat healthier.

**My goal:**
- My family will eat together ________ times each week.

**Be a good role model:**

- Studies show that children and teens really listen to their parents.
- Children follow their parents’ actions. If you reduce your screen time and move more, your children will too.

**My goals:**
- I will do__________________________________________ instead of screen time.
- I will be active__________ minutes a day for__________ days per week.

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**The link between TV and food choices:**

- Many ads on TV are for foods like sugar-sweetened cereal, candy, and fast food.
- Ads may use cartoon or movie characters to make those foods look “fun” or “exciting.”
- Children who watch a lot of television may make less healthy food choices.