

Limit recreational TV or computer use to two hours or less.

Turn on the fun!

Life is lots more fun when you join in!
Try these activities instead of watching TV.

- 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 catching up 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.
- Rollerblade.
- Play charades.
- Sled, ski, or snowshoe.



Did you know?

- Screen time includes TV, computer, Playstation, and Gameboy. All are important to limit.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.
- Healthy screen time:
 - 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

Redy's Rules

Tame the TV and Computer!

Set Limits – know how much TV your child is watching.

- 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 TV or eliminate TV time during the week.



Tips from Redy

Help your child plan television viewing in advance.

- Keep books, magazines, and board games in the family room.
- Make a list of fun activities to do instead of being in front of a screen.
- Set family guidelines for age-appropriate shows.