

# Why is limiting screen time important?



The American Academy of Pediatrics recommends limiting children's total screen time to no more than one to two hours per day. For children younger than two years, screen time is discouraged.

- By limiting time in front of a screen children have more time to jump rope, ride their bike and do other physical activities that keep them healthy.
- A preschooler's risk of obesity increases six percent for every hour of TV watched per day.
- Children who spend more than two hours a day of screen time are more likely to have emotional, social and attention problems at school.
- The more TV children watch, the more likely they will have trouble falling asleep.
- Children who have TVs in their bedrooms have had trouble performing in school.

## How can parents limit their screen time\* at home?

Do not allow a TV or computer in a child's room.

Turn off any TV or computer during study time, meal time or quality time.

Get kids involved in programs that require 30 to 60 minutes of intense physical activities.

Encourage children to play outside. The more time they spend outside the more active they'll be.

## Be their role model.

Do something that you like to do. Ride a bike, go for a walk or play sports. Parents are the most important role model for their children. If you're healthy, they'll be healthy too.

Play with them when they ask. Play active games with your children. Ring around the rosy, hopscotch or swing at the park to name a few. They'll appreciate the time you spend with them.

Every activity adds up to a healthier child and a healthier you.