

5, 4, 3, **2**, 1, 0



Limit yourself to no more than 2 hours of screen time daily

Research has linked excessive television viewing and computer use in children and adolescents to a variety of health and social problems. Current recommendations are that screen time in children and adolescents should be limited to no more than 2 hours per day.

Source: <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=2528654>

Screen time includes: television, computers, game systems, phone screens, etc.

How to Limit TV Time for Kids

- Provide a weekly TV/computer "allowance." These should be framed as a privilege or a treat, not a right. [Children](#) earn screen time privileges by completing their chores and homework. These privileges can also be withheld due to bad behavior, poor grades or disrespect.
- Assign allowance amounts based on age and maturity. Children under 2 years of age should seldom watch TV. Older children should be kept under the 2 hour daily limit.
- Plan the family's television viewing using a printed programming guide such as "TV Guide". At the beginning of the week, review the guide together and determine what shows the family wants to watch or record for a later date. Shows can be taped and watched later during the weekend or when the family can watch together.
- Reward educational programming choices by allowing them to double their allowance on an [educational program](#) over a non-educational show without exceeding the 2 hour limit.
- Track their TV allowance by using monitoring tools connected to your TV or even just a kitchen timer.
- Instead of TV try outdoor activities, sports and hobbies. Encourage this by providing plenty of supplies and opportunities. Outfit your backyard with open spaces, a few sporting items and plenty of time to indulge in sports.
- Encourage your [child](#) to spend time with friends or siblings instead. Have a selection of board games, simple activities and snacks on hand for impromptu visitors.
- Turn off the TV during lunch, dinner or during homework. Use the radio for background noise rather than the television.

Tips & Warnings

- Consider setting up the TV behind closed doors. By keeping the television on a rolling cart in the closet or behind shuttered doors, you and your family are less likely to indulge in unscheduled viewing time. It also lets your children know that the TV is not the central object of interest in your living space.
- Don't put a television in your child's room.
- Remember that the 2 hour daily limit is suggested for television, game systems, phone screens, and computer screen time combined. If your child spends a lot of time on the computer or game system, reduce the television time even more.

Brought to you by the *Wayne Co. Child Nutrition and Fitness Coalition*. For electronic copies and more information visit www.waynefcfc.org or contact the OSU Extension Office at 330-264-8722.

Source: http://www.ehow.com/how_2053336_limit-tv-time-kids.html