

APRIL

Building Healthy Schools & Communities®



# SCREEN-LEAN FAMILIES

Keep your family screen-lean with these tips:

- **Set limits on screen time.** Set a rule that your child may spend no more than two hours a day of screen time. Do not allow your child to watch TV while doing homework.
- **Fewer TVs in the home.** Do not put a TV or computer in your child's bedroom.
- **Make meal time, family time.** Turn off the TV during family meal time. Keep the TV out of the eating area. Try to sit down as a family for at least two to three meals each week.
- **Give other options.** Watching TV can become a habit for your child. Give ideas on other ways kids can spend their time (see box to the right for ideas!). Stock the family room with non-screen entertainment like books, kids' magazines, toys, puzzles, & board games.
- **Set a good example.** Be a good role model and also limit your screen time. If your kids see you following the rules, then they will be more likely to follow.
- **Do not use TV to reward or punish a child.** This makes TV seem even more important to children.

## Screen-free Ideas for the Family

- Take the dog for a walk.
- Go for a bike ride with your friends.
- Take a hike on a trail at a local park.
- Go outside and search for four-leaf clovers.
- Go to the library and search for a book you have never read before.
- Play Hide-and-Seek.
- Practice your musical instrument.
- Try a new healthy recipe and help to make dinner for the family.
- Turn on the radio and dance around the house to your favorite music.

## "Move it Outside"

Make a goal to watch less TV and move more as a family. Make choices together, try it together – and before you know it, you will all be on your way to energy balance! To find out more about the NRG Balance Campaign and "Move it Outside" Day go to <http://www.nrgbalance.org/events>

For more information, visit:

<http://www.tvturnoff.org/>  
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>