HEALTHY HABITS
FOR FAMILIES

THE CHILDREN'S CENTER

PARRISH MEDICAL CENTER

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Limit Your Family's Screen Time

Parent Tip Sheet #12

The Facts*

Children and teenagers spend the following amount of time daily in front of the screen:

- Approximately 7.5 hours using entertainment media
- Approximately 4.5 hours watching TV
- Approximately 1.5 hours on the computer
- Over an hour playing video games

*Source: Henry J. Kaiser Foundation, "Generation M^2: Media in the Lives of 8-18 Year Olds," January 2010

Remember…

➔ Children should have less than 2 hours of screen time a day
➔ Children younger than 2 should not be exposed to screen time at all

Steps to a healthier lifestyle

✓ Limit your child's screen time and enforce the rule
✓ Avoid using TV as reward or punishment, as it places greater value on TV for children
✓ Keep TVs out of the bedroom
✓ Make screen time active by implementing fun activities like jumping jacks or push up challenges during commercials
✓ Take routine walks as a family after dinner

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