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Go Lean on the Screens!

We know that turning off the TV, video games, and computer is not the easiest thing to do when you are used to a “screen time” routine. Here are some ways to develop new habits in your household.



- ◆ **Keep TV’s, VCR’s, video games and computers out of your children’s (and your) bedroom.**
- ◆ **Set limits** on the amount of screen time your family is allowed (aim for 2 hours or less every day of TV, video games, and computer use).
- ◆ Help your child **plan TV viewing** and other screen time in advance.
- ◆ **Make a list of fun activities** to do instead of spending time in front of the screen.
- ◆ **Be a role model!** Show them that there are other things to do besides watch TV, play video games, or sit on the computer.
- ◆ **Turn it off** when you’re not using it or watching. Try not to keep the TV on unless you’re using it.
- ◆ **Make other activities easily accessible!** Keep books, magazines, and board games in the family room.



Indoor Alternatives to Screen time

- ◆ Once a week, have a family game night. Rotate who picks the game!
- ◆ Make dinner as a family.
- ◆ Dance to your favorite songs!
- ◆ Set up and play indoor hopscotch!
- ◆ Read.
- ◆ Do a puzzle.
- ◆ Do an art or craft project.
- ◆ Create an indoor scavenger hunt!
- ◆ Write a story together.

Outdoor Alternatives to Screen time

- ◆ Take a family walk in the neighborhood or visit a local trail. Try a “sound walk” where you take turns naming the different sounds you hear.
- ◆ Go for a family bike ride.
- ◆ Set up a neighborhood scavenger hunt or “capture the flag” game or have one in your yard!
- ◆ Play yard games.
- ◆ Build a fort using natural materials!



Sources:

Letsmove.gov

The Maine Center for Public Health Keep

Me Healthy project

