



Decrease Screen Time

SCREEN TIME = TV + COMPUTER + VIDEO GAMES + HAND-HELD GAMES

REASONS TO CUT DOWN ON TV VIEWING

- More than 1-2 hours a day of TV watching has been associated with a decreased interest in school activities and lower grades.
- The more youth watch TV, the more likely they are to snack between meals, eat the junk foods they see advertised on TV, and try to influence their parent's food purchases.
- For every hour of TV a child averages a day, obesity risk rises 6 percent.

BENEFITS OF DECREASED SCREEN TIME

- More energy and better sleep.
- Builds strong muscles and bones.
- Makes you feel good about yourself.
- Fun way to spend time with friends and family.



TRY SOMETHING NEW

2-5 YEAR OLDS

- Blow bubbles
- Collect rocks or leaves
- Chase butterflies
- Play with Play-Doh
- Play in the sandbox or build sandcastle
- Play with toy cars, blocks, or legos
- Play dolls, house, or school



6-9 YEAR OLDS

- Have relay races, play Mother May I, or Red Light Green Light
- Fly a kite
- Play Frisbee, tag, or hopscotch
- Try a Skip-it or jump rope
- Hula hoop
- Karaoke
- Play musical chairs or limbo
- Try Twister
- Make friendship bracelets, necklaces, or jewelry with beads
- Make paper airplanes
- Do cheerleading or dance moves
- Play charades
- Build a fort
- Learn a magic trick and practice
- Visit a friend or neighbor
- Invite a friend over to play



ANY AGE

- Build a model car, boat, or plane
- Go roller blading, roller skating, skate boarding, or ice skating
- Go miniature golfing
- Go to the park
- Do a jigsaw puzzle
- Read a book or magazine
- Walk a dog or play with your pet
- Play a board game, card game, or jacks
- Do brain teasers such as crosswords, word searches, hidden pictures and mazes
- Write a letter to a friend or relative you don't see often
- Sing or dance to your favorite music
- Learn to juggle
- Walk to and/or from school
- Sign up for a class through your local parks and recreation department
- Have a TV free day
- Check out your local community center



MY GOAL: _____

Decrease Screen Time



WHAT ARE 3 THINGS THAT YOU WILL DO?

1. _____
2. _____
3. _____

If you have more than 2 hours of screen time a day, start by decreasing this amount by 15 minutes a day each week to get down to less than 2 hours. You may also want to start by not being in front of a screen more than 30 minutes at a time.

TEEN CORNER

Screen time includes not just TV but also instant messaging and texting. Many teens also eat while they watch TV. So, you are inactive, and also eating. What can you do instead?

- Do a jigsaw puzzle, crossword, sudoku or other brain teaser
- Learn to cook, then plan a family meal
- Help with grocery shopping
- Redecorate your room
- Read a new book or magazine
- Learn to garden
- Try to be more active—go to a batting cage, rock climbing wall, bowling, miniature golfing, laser tag, or anything else you like!
- Pick up a new craft like sewing, knitting, or crocheting
- Learn to repair, refinish, or repaint furniture
- Take photographs and organize them into an album
- Make a scrapbook
- Experiment with a new look (hair, clothes, makeup)
- Paint your nails
- Plan a party or karaoke contest
- Get involved in activities at school
- Call a friend
- Listen to your favorite music
- Hike at an arboretum or park
- Have a TV free day



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