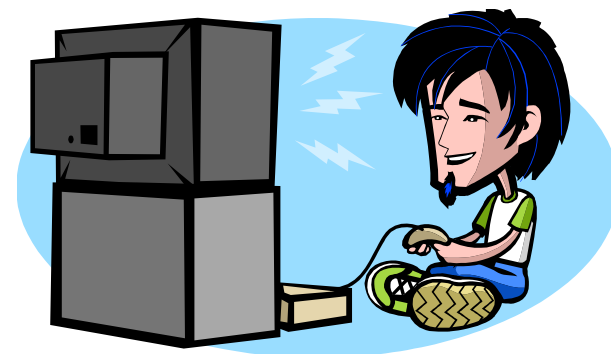




Screen Time includes time spent:



Watching television



Playing video games



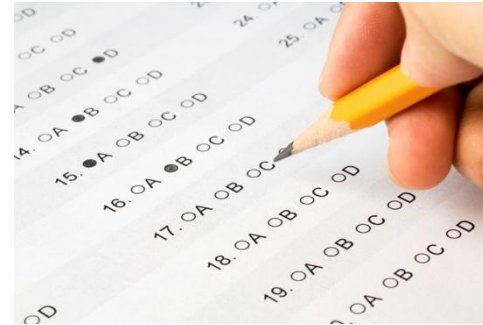
On the computer



Why Limit Screen Time?



Less time to play actively

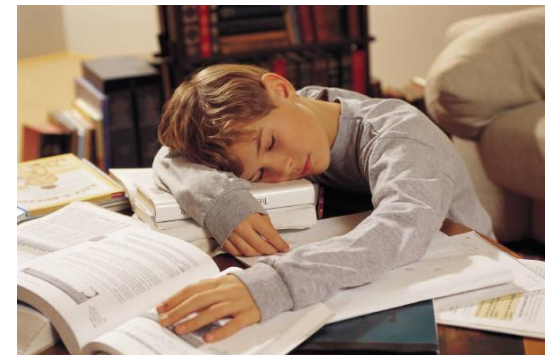


Hurts school performance



Leads to eating too much slow food

Photo courtesy of Todd Baker

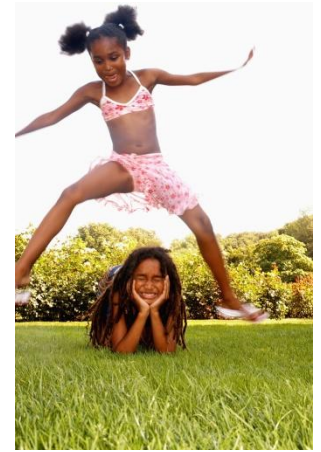


Makes it hard to get quality sleep



So limit your screen time!!

- Play outside
- Play a sport
- Read
- Learn how to cook
- Choose one favorite show





Other Ideas?

- Things to do as a family
- Things to do with friends
- Things to do by yourself
- Ways of tracking screen time