

7

Tips to Reduce Screen Time

Learn helpful ways for you to reduce screen time at home!

#1

Set a good example

Kids follow what they see. Set a good example by putting down your phone, turning off the TV, and finding active ways to play.



#2

Make Screen Time = Active Time

Get up and move throughout a movie, swap out traditional video games to interactive games like the Wii or Dance Revolution.



#3

Set Screen Time Limits

Limit screen time to 1-2 hours per day.



#4

Log Screen Time vs. Active Time

Create a contest: Get your kids to track their active vs. screen time throughout the week.



#5

Host a screen free day once a week

Hosting a screen free day shows your kids that there are alternatives to screen time. Provide fun, active, and creative games and activities!



#6

Provide Active Alternatives

Activity cards (fitkids decks) and yoga pretzels allow kids to have active alternatives



#7

Create an Action Plan

Ask your kids for suggestions on how they'd like to reduce screen time. Create an action plan on ways you can reduce screen time together



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