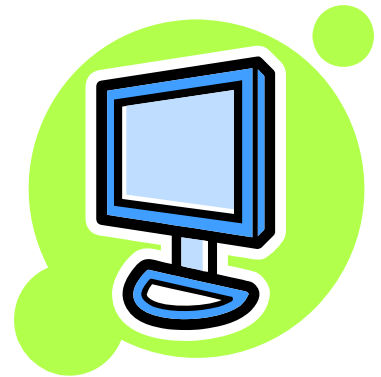


DECREASE SCREEN TIME IN YOUR HOME!!



WHY?

- TV does not help children develop reading skills.
- TV does not help children develop social skills.
- TV takes away from time spent learning about the environment around us.
- Kids who watch less TV do better in school.
- On average, American children spend over 1000 hours each year watching TV.
- The American Academy of Pediatrics recommends less than 2 hours of screen time total each day for children over 2 years and no screen time for infants and toddlers under 2.

HOW?

- **You don't have to give up TV entirely! Just keep it under control!**
- Take TVs and computers out of children's bedrooms.
- Plan your TV watching, don't channel surf.
- Watch TV as a family, make it a special time together.
- Leave the TV off during meals.

WHAT TO DO INSTEAD...

- Go for a walk or bike ride
- Play a board game
- Do an art project
- Go to the park
- Play with your pet
- Play hide and seek
- Play a family game of baseball

