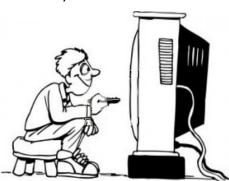# 6-Limit all Screen Time

Year of Being Well

Turn it off

Let's face it: Technology is an enormous part of all our lives. It's our business, but we also enjoy our mobile devices, computers, and TVs. As big of a part technology plays in our lives, it's still amazing to me that school-age children spend an average of 7.5 hours a day watching TV and using other electronics. This is simply too much of a good thing. While our kids are looking at screens, it means they are just sitting there. They aren't getting the physical activity they need each day.

Children ages 6 and older need at least 60 minutes of moderate physical activity a day; grown-ups require at least 30 minutes each day. Excessive screen time leaves less time for active, creative play. It also exposes children to a lot of advertisements for unhealthy junk foods and fast foods.

The American Academy of Pediatrics recommends limiting a child's use of TV, movies, video, and computer games to no more than one or two hours a day. Too much screen time has been linked to obesity, showing children who watch more than two hours of TV a day are more likely to be overweight. It is also linked to irregular sleep patterns. The more TV that is watched, the more likely they are to resist going to bed and to have trouble falling asleep. .– *Susan Dell (modified)*

Quick Tips:

- Limit use of TV, Movies, Video, and Computer games to no more than one or two hours a day.

- Take TV's out of children's bedrooms.

- Set a timer to 60 minutes when watching TV or playing computer games. This will help budget screen time.

- Make time for family physical activities. Get everyone moving.

Did you know:

In 8- to 18-year-olds: 28 percent said their parents set TV-watching rules, 30 percent said their parents set rules about video game use, and 36 percent said their parents set rules about computer use. *National Heart Lung and Blood Institute*

Kids in the U.S. watch an average of four hours of TV a day. KidsHealth

Important tips:

- Small steps can have a big impact

- Choose one or two steps to begin each month

Find more information at www.BeWellBook.org

Track your Time

Name:_____

Period:_____

Date:_____

How many hours did you spend using electronics each day? Round to the closest 1/4 hour	Television and Movies	Computer and Video Games	Phone	Total Hours Per Day
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

List your top five activates to do/watch using electronic devises. (EX. Favorite show, game, movie, browsing)

_____

_____

_____

_____

_____

Reflection Questions

Do you plan to watch certain shows, or just flip through channels on watch whatever you can find?_____

_____

Do you set limits for video game time? Explain. _____

_____

Do you snack while watching TV or playing games?_____
If so, what types of items do you eat or drink. _____

_____

What other activities' could you do when bored, other that using electronics?_____

_____