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Healthy Habits.
Healthy Life.

Aim For → **2** hours or less of screen time every day

WHAT IS SCREEN TIME?

Anytime you're sitting still looking at a screen for fun or in your spare time is screen time. If you're on a screen for school work it doesn't count as part of your two hours. Screen time includes:

- TV
- Computer
- Video games
- Smart phones
- Tablets
- Any electronic device.

GIVE IT A TRY!

- Start a conversation about everyone's screen time
- Make a family plan to aim for less screen time
- Try to keep screens out of the bedroom
- Think about creating screen-free zones in your home

HAVE SOME FUN!

- Play basketball
- Read a book
- Explore a park
- Go for a walk
- Build an indoor fort or obstacle course
- Play a game

Why 2 hours or less?

2 get better sleep

2 have more time to be active

2 have more time to do activities together

2 grow into a healthy body

2 make time for creative play

Did you know?

American Academy of Pediatrics recommends children under 18 months of age should have no screentime.

Healthy Kids Collaborative