

## Limiting Screen Time

Too much screen time can interfere with activities such as being physically active, reading, doing homework, playing with friends, and spending time with family. Try the following tips to reduce screen time:



- **Set limits on screen time.** Your children should spend no more than 2 hours a day watching TV, surfing the internet or playing video games.
- **Remove the TV or computer from your child's bedroom.** Children with TVs in their rooms spend almost 1½ hours more per day watching TV than kids without a set in their room.
- **Provide other options and alternatives.** Watching TV can become a habit for your child. Provide other alternatives for them to spend their time, such as playing outside, learning a hobby or sport, or spending time with family and friends.
- **Be a role model.** As a parent, set a good example for physical activity and screen time in moderation. If your kids see you following your own rules, they will be more likely to do the same.
- **Make physical activity a fun family routine.** Do not rely on "active" video games to get children moving.

Canada's Physical Activity Guide suggests at least 90 minutes of physical activity per day for children and youth. Yet, research studies show that more than half of Canadian children and youth are not active enough for optimal growth and development.

For more information: [http://www.actnowbc.ca/?section\\_copy\\_id=248&section\\_id=402](http://www.actnowbc.ca/?section_copy_id=248&section_id=402)

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