



## ***How to Go Lean on the Screens!***

- Keep TV's, DVD's, video games and computers out of your children's bedroom.
- Set family guidelines for appropriate subject content.
  - Monitor what your children are watching. Check TV Parental Guidelines which are designed to give parents more information about the content and age appropriateness of TV programs
  - Block programs that you don't want your children to see.



- Set limits on the amount of screen time (2 hours *or less* every day of TV, videogames and computer use) **Enforce** the rule.
- Help your child plan TV viewing and other screen time in advance.
- Make a list of fun activities to do instead of spending time in front of the screen.
- Set a good example as a parent and limit your screen time to no more than two hours per day.
- Keep books, magazines and board games available in the family room.



**5-2-1-0** was developed by the American Medical Association, the Centers for Disease Control and Prevention, and the Maternal and Child Health Bureau to address America's health crisis of overweight and obese children and families.