



# Setting Limits for Screen Time

## Why is it important to set limits for screen time?

Time spent in front of the television, watching DVDs or playing computers games is time away from being active or creative. These screen-based activities keep children sitting for long periods of time and need to be limited.



Q: What would the child in pink be doing if the TV was off?

A: Playing with her toys or sibling



## Recommendations

The national physical activity recommendations are that:

- Children younger than 2 years of age should not spend any time watching television or using other electronic media.
- Children 2-5 years of age should spend less than one hour per day sitting and watching television and using other electronic media.

## How to limit screen time

- Have house rules about when watching TV is allowed
- Have meals together as a family and turn off the television
- Keep children's bedrooms TV free
- Know what your children are watching and that it's suitable
- There are many quiet activities that can be enjoyed away from the TV, such as listening or dancing to music, gardening, drawing a picture or creating an artwork, reading stories, playing with toys, blocks, or play dough, playing a card game or board game.

