
Do MORE Watch LESS

Parents generally agree that their kids spend too much time watching TV or using the computer. The amount of time used up on screen-based activities, has been implicated as one of the causes for increasing childhood overweight and obesity.

Why do we need to “Do More and Watch Less”?

- Very little energy is used while watching television compared to other activities.
- Time spent in front of the screen takes away time children can spend being physically active.
- Food ads may influence children to make unhealthy food choices.
- Children tend to snack more while in front of the screen.
- Families tend to eat less healthy meals in front of the television.

Tips to reduce your family screen time:

Budget: Allow children to plan and budget no more than one to two hours per day to spend on screen time.

Develop an after school plan: Create a list of activities your kids enjoy doing that will get them up and moving after-school.

At meal time turn it off: Make a “no screen” policy during family meals and make meal time family time to talk.

Go screen free: Designate screen-free evenings each week and use the time for a planned family physical activity like a family walk, swim or bike ride.

