

# Promote Healthy Viewing Habits

Here are some tips you can use to help your child develop positive TV and computer habits.

- Keep televisions, DVD players, video games, and computers out of your child's bedroom.
- Set family guidelines for age-appropriate shows.
- Set limits on the amount of time your child spends in front of a screen. Less than two hours a day is recommended.
- Help your child plan television-viewing and computer-playing in advance.
- Make a list of fun activities to do instead of being in front of a screen.
- Keep books, magazines, and board games easily available.



**Limit TV and computer use (not related to school) to 2 hours or less a day.**

**Try some of these screen-time alternatives:**

- Play outside.
- Learn to play the guitar or other musical instrument.
- Go to a local school sporting event.
- Write a letter.
- Plant a flower or vegetable garden. Start seedlings indoors.
- Play hopscotch.
- Read a book.