

STRATEGY 5: Limit Recreational Screen Time

how to implement

Kids get most of their recreational screen time during out-of-school hours. Use the ideas below to limit recreational screen time at your program and to support families in doing the same at home.

Bolded items mean there is a supporting handout in this section!

SCREENS

include TVs, computers, video games, tablets, and smartphones.

RECREATIONAL SCREEN TIME

is screen time used for non-educational purposes.

Be wise about screen use during program time:

- Use screen time for educational purposes only.
- Use physical activity to replace screen time.
- Set guidelines for kids' use of personal devices during program time.
- Set a policy for all program staff to limit their use of personal devices to emergencies during program time.

Support kids and families in limiting recreational screen time:

- Create **Take Home Activity Bags** for families to borrow.
- Send home the **Healthy Activities for School Vacation**.
- Use the **My Favorite Things to Do Instead of Watching TV** worksheet.
- Do a **Screen Time Challenge**.
- **Inspire Families to Participate in National Screen-Free Week**.
- **Hang PSA Posters** throughout program space (see the front pocket of your toolkit for ready-to-post copies!).
- Send home the **It's Summer! Let's Ditch the Screens and Play!** handout.
- Help protect kids from the unhealthy effects of media by teaching them **Media Literacy** skills.

Learn about the importance of limiting recreational screen time and how to do it, and share this knowledge with kids and families using these handouts:

- **Limit Recreational Screen Time to Two Hours or Less**
- **Step Away From the Screen!**
- **Ditch Your Phone for an Hour a Day to Get Active and Play!**
- **Promote Healthy Viewing Habits**
- **Unplugged!**
- **Healthy Sleeping Habits**

Set a policy that limits recreational screen time.

- Connect with your local Let's Go! Coordinator for support.