

# Step Away FROM THE SCREEN!

Did you know research shows that when parents set media rules, children's media use is almost three hours lower per day! TVs are on for an average of 7 hours and 40 minutes per day! Let's shake up the routine!

## Indoor alternatives to screen time:

- Clean your room.
- Cook dinner for the whole family.
- Pick up a new, unique hobby.
- Learn all the words to a song you like.
- Create a dance routine to your favorite song.
- Help with work around the house.
- Teach yourself a new language (or make one up!).
- Have a quality conversation with someone face-to-face.
- Read a book for pleasure.
- Volunteer at a local charity.
- Call a friend instead of texting them.

## Outdoor alternatives to screen time:

- Organize a neighborhood scavenger hunt.
- Take a walk with your family.
- Ride your bike or skateboard to the nearest park (don't forget your protective gear!).
- Play catch with friends and/or family.
- Practice your favorite sport (or try a new one!).

## Suggested rules to live by:

- 2 hours or less per day\* of total screen time (includes TV, non-school related computer time, and video games).
- No TV during meal times.
- No TV during homework.
- No TV sets in any bedrooms.
- No eating while watching TV.
- No channel surfing – watch favorite shows only.
- Limit viewing to specific days/times.

\*As recommended by the American Academy of Pediatrics

MaineHealth  
**LET'S GO!**  
5-2-1-0

