7 Tips to Reduce Screen Time

Learn helpful ways for you to reduce screen time at home!

#1 Set a good example
Kids follow what they see. Set a good example by putting down your phone, turning off the TV, and finding active ways to play.

#2 Make Screen Time = Active Time
Get up and move throughout a movie, swap out traditional video games to interactive games like the Wii or Dance Revolution.

#3 Set Screen Time Limits
Limit screen time to 1-2 hours per day.

#4 Log Screen Time vs. Active Time
Create a contest: Get your kids to track their active vs. screen time throughout the week.

#5 Host a screen free day once a week
Hosting a screen free day shows your kids that there are alternatives to screen time. Provide fun, active, and creative games and activities!

#6 Provide Active Alternatives
Activity cards (fitkids decks) and yoga pretzels allow kids to have active alternatives

#7 Create an Action Plan
Ask your kids for suggestions on how they’d like to reduce screen time. Create an action plan on ways you can reduce screen time together

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Healthi KIDS
facebook.com/HealthiKids
info@healthikids.org
@Healthi Kids
www.healthikids.org