

Healthy Lifestyles

Duke Children's Primary Care

5-3-2-1-Almost None

Watch less than TWO hours of TV, games, and computer a day!

SOME FACTS ABOUT SCREEN TIME:

“Screen time” means time in front of a TV, computer or video game.

American kids spend an average of **1023 hours** a year watching TV/playing video games. They spend about **900 hours** in school.

Kids who watch more TV do less well in school, have a higher risk of overweight and obesity, and have a higher incidence of attention problems.



American companies have spent **MILLIONS** of dollars marketing junk food, soda, candy and sugary cereals to kids. These exciting ads have influenced **MILLIONS** of young children to ask for these unhealthy products.

Many of the characters in kids' cartoons and video games use **violence or acting mean** to solve their problems. A lot of children copy these behaviors by being aggressive or bullying when they get mad or when things don't go their way.

The average American home has TV on for well over **8 hours** a day.



Children who eat while watching TV typically take in **400-600 more calories** a day than children in families that do not eat with the TV on.

The number of people in the average American household = 2.55

The number of televisions in the average American household = 2.73.

The American Academy of Pediatrics recommends that children < 2 years should **NOT** watch television (even so-called educational programs). Children greater than 2 years of age should watch 2 hours or less a day.

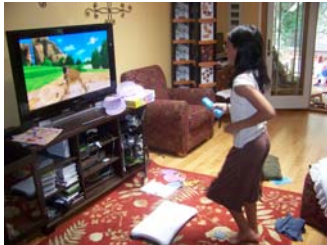
MAKING TV TIME HEALTHIER:

Get and keep the TV/computer out of the bedroom. Children and adolescents with a television/computer in their room get **more** screen time and **less** sleep. This also makes it easier for parents to monitor what their kids are watching!



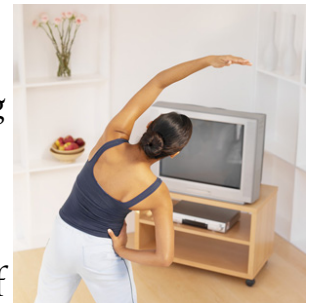
Turn off the TV at mealtime. Mealtime is family time. In addition, it makes you pay attention to what and how much you are eating.

Don't keep the TV on all the time as background noise. Make a schedule and tune into **specific** shows.



Have your kids “earn” time for being on the computer or playing video games by doing their chores, their homework, or other positive things around the house.

Use TV time as an opportunity to get moving. Try jumping rope or doing jumping jacks during commercial breaks!



Make a list of activities the kids and family can do **instead** of watching TV.

Snuggle up and read a book.

Get up and take a walk.

Get up and dance.

Get up and play with a pet.

Start up a family game night – whether board games, cards or bowling etc. and make it a weekly event.