SCREEN TIME & YOUR CHILD'S HEALTH!

Screen Time is any time spent in front of a screen, including: television, phones, tablets, computers, or video game players

Kids are getting 8-10 hours of screen time every day

Recommended time: **2** hours or less

Too much screen time can lead to:

- Obesity risk
- Sleep problems
- Reduced academic performance
- Increased exposure to tobacco & unhealthy food choices

Instead, try these tips to help reduce screen time in your home:

- Discover new hobbies
- Non-computer based games
- Eliminate screens during meals
- No screens before bed
- Be a role model and lead by example

Heart Healthy Schools