

# Limit Screen Time for Better Well-being!

Too much screen time can negatively affect your well-being and lead to weight gain, poor sleep habits and even a loss of social skills. You can limit screen time for you and your family in many creative ways.



## Try some of these easy screen-time goals this week:

- ✓ Turn the television off if no one is actively watching it.
- ✓ Eat only in the kitchen or dining room. No screen time while eating!
- ✓ Have everyone commit to *no texting* during family meals or other time set aside for family activities.
- ✓ Keep track of your screen time each day, and when you've reached two hours, replace your screen time with a healthful activity. If you've already had plenty of physical activity, read a book, make artwork or crafts, or just have a conversation with a friend.

## For the kids:

Have the kids help you fill a jar with simple activities they can do indoors or outdoors to help them get at least 60 minutes of activity each day. Then, when they are looking for an alternative to screen time, have them pick an activity from the activity jar.



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