

TURN OFF THE SCREEN TO DEVELOP THE BRAIN

TV and other electronic media can get in the way of exploring, playing and interacting with others.

Exploring and playing is crucial to brain development in young children.

Touching, tasting, smelling, talking, movement and social interaction help children learn through their environment. The TV, computer, or other screens cannot provide the same type of brain stimulation.

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**Healthy Numbers
for Bethesda
Kids & Families**



**9-5-2-1-0
Every Day!**

**LIMIT TV, COMPUTER
USE, OR SCREEN TIME,
TO TWO HOURS
OR LESS**

Adapted from materials developed by Let's Go!
www.letsgo.org
And the Kentucky Department of Public Health
chfs.ky.gov/dph/mch/hp/5210/

Did You Know?

- Screen time includes TV, computer, tablet, computer games and hand held games. All are important to limit.
- Watching TV is associated with more snacking and increased obesity.
- More than 2 hours of TV has been linked to lower reading scores and attention problems.
- Healthy screen time:
 - No TV/computer under the age of 2
 - No TV/computer in the room the child sleeps
 - One hour of educational TV/computer time between the ages of 2 and 5
 - After the age of 5, 2 hours or less of screen time

TAME THE TV, COMPUTER, & SCREEN TIME!

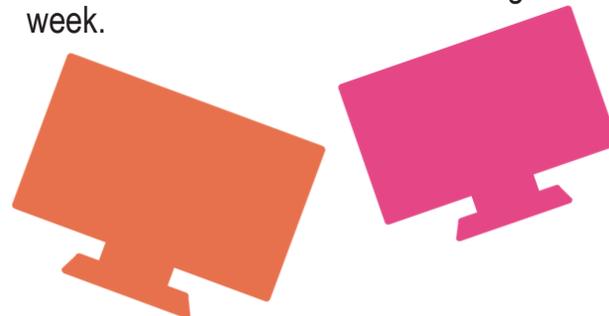


PARTICIPATE —KEEP TVS, COMPUTERS, DVD PLAYERS AND VIDEO GAMES OUT OF YOUR CHILD'S ROOM

- Having the TV in a common room makes watching a family activity.
- Watch TV with your child and discuss the program. Ask them questions and express your views.
- This will also let you know what your children are watching.

SET LIMITS — KNOW HOW MUCH TV YOUR CHILD IS WATCHING

- Set some basic rules such as no TV or screen time before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings it's time to turn off the TV or eliminate TV during the week.



HELP YOUR CHILD PLAN TELEVISION VIEWING IN ADVANCE



- Keep books, magazines and board games in the family room.
- Make a list of fun activities to do instead of being in front of a screen.
- Set family guidelines for age-appropriate shows.

BE A ROLE MODEL



- Follow your own rules. Because children model behavior, set a good example with your own TV viewing habits.
- Avoid watching programs containing adult content when your child is in the room or nearby.
- Have the family help with dinner. It gets them involved and shows them helping is important.
- Put on music and let the kids dance.

