

The Super Healthies Say:
Turn off the TV!
Get Active! Have Fun!



Do your Kids a Favor- Turn Off the TV!

Time staring at the tv and video/computer games is called "Screen Time" and it's bad for kids' health and behavior.

Kids who spend less time in front of a screen:

- Do better in school
- Read more
- Sleep well
- Eat healthier foods
- Are more active
- Are less influenced by negative peer pressure

Tips for Parents:

- No TV's in bedrooms
- Limit screen time to 1-2 hours a day
- Keep an eye on what your kids watch
- Pediatricians say: allow your child's brain to develop through play - *no screen time for children under age 2*

Kids: Get Off the Couch! Be Active!

- Walk the dog
- Play a game
- Visit a park
- Explore bugs, flowers and plants
- Ride a bike
- Throw a ball
- Play with friends
- Put on a show
- Draw a picture
- Skate, swing, swim, run, hop, skip and jump
- Organize a treasure hunt
- Write a story
- Read a book

For more information visit:

www.screentime.org | www.kp.org/tvturnoff



www.first5kids.org

4000 Moorpark Ave., Suite 200, San Jose, CA 95117, 408.260.3700

