

Healthy Viewing Habits

2 hours
or less
recreational
screen time
every day

The American Academy of Pediatrics recommends that kids under 2 years of age not watch any TV and that those older than 2 watch no more than one to two hours a day of quality programming. Here are some tips you can use to help your child develop positive TV and computer habits.

HELPFUL TIPS

- Keep TVs, DVD players, video games and computers out of your child's bedroom.
- Turn off the TV during meals.
- Treat TV as a privilege to be earned by completing homework or chores, and establish and enforce family TV-viewing rules.
- Encourage kids to engage in alternative activities.
- Make books, magazines and board games readily available.



DID YOU KNOW?

• According to the Kaiser Family Foundation, two-thirds of infants and toddlers watch a screen an average of two hours a day. Kids under 6 watch an average of two hours of screen media a day.

The first two years of life are critical for brain development, and electronic media can get in the way of exploring, playing and parent-child interactions that promote positive growth.

Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.