

Turn on the Fun



Life is lots more fun when you join in! Watching TV is associated with more snacking and increased obesity. Too much TV has been linked to lower reading scores and attention problems. Screen time includes TV, computer, Playstation and Gameboy. All are important to limit.

TAME THE TV AND COMPUTER

- Set limits — know how much TV your child is watching
- Set some basic rules, such as no TV or computer before homework is done.
- Do not watch TV during meal time.
- Use a timer. When the bell rings, it's time to turn off the TV.
- Eliminate TV time during the week

HEALTHY SCREEN TIME

- No TV/computer under the age of 2
- No TV/computer in children's bedrooms
- One hour of educational TV/computer time between ages 2 and 5
- After the age of 5, two hours or less

PLAN 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.

TRY THESE ACTIVITIES INSTEAD OF WATCHING TV:

- Ride a bike
- Go on a nature hike
- Complete a puzzle
- Turn on music and dance
- Read a book or magazine
- Spend time catching up with your family
- Go to the park
- Play board games or charades
- Play ball (basketball, catch, soccer, etc.)
- Visit the Homewood or Hazelwood Early Learning Hub
- Visit your local branch of the Carnegie Library of Pittsburgh
- Visit Phipps Conservatory and Botanical Gardens
- Visit the Children's Museum of Pittsburgh
- Visit the National Aviary
- Visit the Carnegie Museum of Art
- Visit the Carnegie Museum of Natural History
- Visit Assemble Pittsburgh
- Visit the Carnegie Science Center
- Visit the Heinz History Center
- Visit downtown Pittsburgh's Cultural District
- Rollerblade
- Sled, ski or snowshoe
- Walk, run or jog
- Start a journal