



Do More, Watch Less

TV Guidelines for Families

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Did You Know?

The average American youth spends more time watching TV than any other activity except for sleeping.

Reasons to Cut Down on TV Viewing

- More than 1 – 2 hours/day of TV watching has been consistently associated with a decreased interest in school activities and lower academic scores.
- The more youth watch TV, the more likely they are to snack between meals, eat junk foods they see on TV, and attempt to influence their parents' food purchases.
- Youth exposed to TV violence increasingly accept the use of violence to solve problems.

Things Parents Can Do

- Limit your children's use of TV, video and computers to no more than 2 hours a day—the maximum amount that doctors recommend.
- Eat meals as a family and keep the TV off during meals.
- Remove the TV set from your child's bedroom.
- Do not use watching TV as a reward.



Did You Know?

Youth who watch TV at mealtimes eat far fewer fruits and vegetables.



Did You Know?

TV negatively affects children's food choices and their physical activity levels.

Facts and Figures About Kids and TV

- The average American youth spends more time watching TV than any other activity except for sleeping
- Almost any other activity uses more energy than watching TV. There is no waking activity that people do that burns fewer calories than watching TV.
- Doctors recommend that youth spend no more than 2 hours a day in front of the TV, computer or video games. And less is even better!
- Studies have shown that when youth watch less TV, they are able to keep weight off.
- The typical youth sees 40,000 advertisements per year on TV alone.
- Most TV advertisements for youth try to sell junk food like fast food, sugared cereal, candy, and chips.
- Studies show the more TV youth watch, the more likely they are to snack between meals and eat foods advertised on TV.
- Many doctors believe that television, video, and computer use may contribute to obesity in children and youth.

Screen-Free Things To Do For Kids

Highlight or circle the activities that interest you.

1. Call a friend
2. Listen to your favorite music
3. Discover activities in your community center or local park
4. Workout
5. Play soccer, softball, volleyball or basketball
6. Go for a walk or run
7. Draw and/or paint a picture or mural
8. Play dodgeball
9. Take up a musical instrument
10. Practice a sport
11. Organize a game of touch football or baseball in the local park
12. Learn to change the oil or a tire on a car
13. Create a skit and perform it for others
14. Play cards
15. Make a necklace or other jewelry out of beads
16. Make crafts to give as gifts
17. Write a story
18. Watch the night sky through binoculars: identify different constellations. Observe the moon.

19. Build a model car, boat or plane
20. Write a song/rap
21. Ride your bike
22. Sing and dance to your favorite music
23. Read a good book or magazine
24. Take photographs and organize them into an album
25. Make a scrapbook
26. Make a collage of your favorite things out of pictures from old magazines
27. Jump rope
28. Hula hoop
29. Write in your diary
30. Take a dance class, make a routine to teach your friends
31. Repair or refinish a piece of furniture
32. Create art out of clay, metals, or even junk
33. Paint your nails
34. Play Frisbee with a neighbor or friend
35. Play with your pet
36. Spend time with a brother or sister
37. Create an advertisement that encourages kids your age to cut their screen time (TV, computer, video game use)
38. Redecorate your room (with your parent's permission, of course!)
39. Experiment with a new look (hair, clothes, makeup)
40. Do a crossword puzzle
41. Make a friendship bracelet
42. Take a nature hike. Learn about native trees, flowers, and animals in your area.
43. Write a poem
44. Learn a magic trick and practice it
45. Learn to juggle
46. Volunteer to help in your community
47. Learn or make-up a game and teach your friends
48. Plant and/or work in the garden
49. Make a wooden flowerbox
50. Learn to sew and make something
51. Go roller skating, skate boarding, roller blading or ice skating
52. Go swimming

53. Plan a slumber party
54. Play hopscotch, hide and seek, or freeze-tag
55. Write cards or letters to friends and family you don't see often
56. Learn and practice knitting or crocheting
57. Walk the dog (with a friend or family member)
58. Tutor a friend or family member on their homework
59. Go to a museum
60. Play a board game, chess or checkers with friends or family members
61. Research your family history and draw a family tree
62. Plan and cook dinner with friends or family
63. Go bowling
64. Create sidewalk art with chalk
65. Go camping or build a fort in your living room or backyard
66. _____(write in your idea)
67. _____(write in your idea)
68. _____(write in your idea)

Now choose three screen-free activities you would like to do during your free-time using the suggestions above and your own ideas.



1. _____
2. _____
3. _____