SCREEN TIME vs LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren’t active. Choose an age group to see how much screen time kids get and tips for healthier activities.

PICK AN AGE GROUP

8-10 11-14 15-18

CHILDREN AGES 8-10 SPEND ABOUT

6 hours a day

IN FRONT OF A SCREEN USING ENTERTAINMENT MEDIA

NEARLY 4 OF THESE ARE SPENT WATCHING TELEVISION

INSTEAD THEY COULD...

Play a game of basketball

AND STILL HAVE TIME TO...

walk the dog

and...

dance to their favorite songs

and...

jump rope

and...

ride their bike

How can parents help?

1. Ensure kids have 1 hour of physical activity each day.
2. Limit kids’ total screen time to no more than 1-2 hours per day.
3. Remove TV sets from your child’s bedroom.
4. Encourage other types of fun that include both physical and social activities, like joining a sports team or club.