

Television Tunnel Vision

Setting rules and enforcing limits can help reduce the amount of leisure time children spend in front of screens, like televisions, computers, and tablets.

Here are some fun things kids can do instead of engaging in screen time:

- Take a walk
- Cook something delicious
- Ride a bike
- Plant a garden
- Go on a nature hike
- Put together a jigsaw puzzle
- · Go camping (even if it's just in the backyard)
- Go to a school sporting event
- Play a board game
- Go stargazing
- Read a book
- Write a story
- Play outside
- · Explore a new playground
- Turn on the music and dance
- Start a journal
- Make art
- Talk with a friend
- Take pictures
- Join a club

SCREEN TIME DIGITS

1,456: Children ages 6-11 spend about 28 hours per week in front of the television. That adds up to 1,456 hours per year!

71%: 71% of 8-18 year olds have a TV in their bedroom and 54% have a DVD/VCR player.

7: Children and teenagers ages 8-18 on average consume 7 hours and 11 minutes of screen media per day.

64%: Among 8-18 year olds, about 64% reported that the TV is usually on during meals.

232: The average US Child is exposed to 232.2 minutes of background television on a typical day. That is over 84,700 minutes a year!

References

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