## **Healthy Children**

## 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 •

For more information visit us at https://5210.psu.edu or email at 5210@psu.edu.

## References

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FOR MILITARY FAMILY READINESS

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

71% 71% of 8-1 year olds have a TV in their bedroom and 54% have a DVD/VCR

7 Children and teenagers ages 8-1 on average consume 7 hours and 11 minutes o screen media pe day.

64% Among 8-1 year olds, about 64% reported that the TV is usually on during meals.

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

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