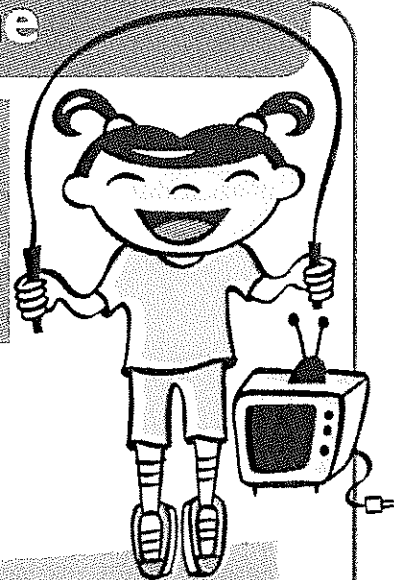


# Step Away from the Screen!

## Ways to Shake Up Your Routine

It's hard to cut back on screen time when you're used to turning to the TV or computer for entertainment; we know! Here are some great ways to figure out other things and other ways you can spend your free time. Good luck!



### Mom! Dad! I'm bored...

What parents can do when they hear this - instead of turning on the TV or computer:

Role model, role model, role model. Don't use the TV or computer excessively. Let your kids see you turn off the TV and turn to them for a fun activity!

Do not put a TV or computer in your child's bedroom. It's too tempting!

Start a list of things that you and your family can do together that doesn't involve a screen — tack it to a bulletin board or stick it on your fridge where you can see it easily (and add to as ideas come).

Make certain days or times screen-free e.g. no TV or video games on school nights, or "No TV Tuesday".

Discuss and enforce your rules around screen time. Set limits and stick to them!

Talk about it in a positive way. Instead of "turn off the TV," say "instead of watching TV right now, let's go on a nature hike." Offer fun options instead of just saying no.

When the TV is on, sit down and watch with your kids. Talk to them about the shows they like. Schedule shows to watch that the whole family will enjoy!

Remember: boredom most often leads to creativity. Stick with it and see what great things come from limiting screen time to two hours or less!

### Some Indoor Alternatives to Screen Time:

- Dance to your favorite music; let the kids DJ
- Set up an indoor obstacle course
- Keep a balloon aloft as long as you can
- Create a family art project
- Teach everyone a new game and play it

### Some Outdoor Alternatives to Screen Time:

- Organize a neighborhood scavenger hunt
- Take a walk with your family
- Ride your bike to the nearest playground
- Play catch with friends and/or family
- See how many jumping jacks you can do

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Screen!  
Shake Up Your Routine!

Adapted from the LIVE OUTSIDE THE BOX Toolkit  
from the King County Overweight Prevention Initiative



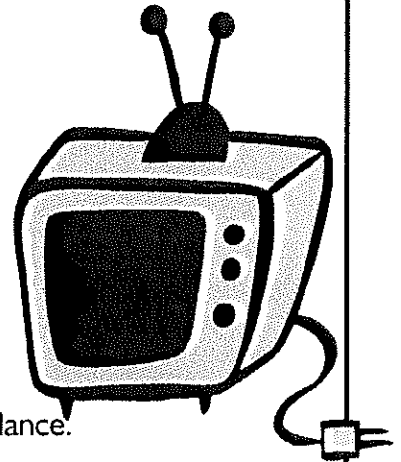
www.lets-go.org

# Unplugged!

Life is a lot more fun when you join in!  
Try some of these "unplugged" activities  
instead of watching TV.

Life is a lot more fun when you join in! Try these activities  
instead of watching TV.

- Take a walk.
- Ride a bike.
- 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.
- Read a book.
- Play outside.
- Turn on the music and dance.
- Start a journal.



**Useful Web Pages:**  
[www.turnoffyourtv.com](http://www.turnoffyourtv.com)  
[www.screentime.org](http://www.screentime.org)  
[www.cmch.tv](http://www.cmch.tv)

## INTERESTING FACTS ABOUT TV

- Number of minutes per week that parents spend in meaningful conversation with their children: 38.5
- Number of minutes per week that the average child watches television: 1,680
- Number of 30-second commercials seen in a year by an average child: 20,000
- Percentage of children ages 6-17 who have TVs in their bedrooms: 50%
- Percentage of childcare centers that use TV during a typical day: 70%
- Hours per year the average American youth spends in school: 900 hours
- Hours per year the average American youth watches television: 1,500 hours
- Percentage of Americans that regularly watch television while eating dinner: 66%

— [www.turnoffyourtv.com](http://www.turnoffyourtv.com)



[www.letsgo.org](http://www.letsgo.org)