



Limit Screen Time

Children spend more time sitting in front of electronic screens (screen time) than in any other activity besides sleeping. The average time spent with various media (TV, computer, video games) is more than five hours per day.

Ways to Limit Screen Time:

- Limit screen time to 1 to 2 hours a day.
- Set clear limits and be a good TV role model.
- Plan the amount of TV you and your children watch and select shows to help you to get the best out of what TV has to offer.
- Get the TV out of the bedroom. Having TV in the bedroom allows children to watch more TV unsupervised. Put video games and computers in a common area of the home, too.
- Have media-free meals as a family. Turn off the TV, cell phone and tablet, and talk about your day.
- Make a list of activities you want to do instead of watching TV. Have children create fun activities to do instead of watching TV or playing video games.



Photo credit: Pixabay.com

**For more information, please
contact your county UW-
Extension office:**

<http://counties.uwex.edu>

Source: *Tame the Tube*, <http://www.extension.org/pages/23941/tame-the-tube>

Why limit screen time?

Children who spend a great deal of time in front of a screen have less time for playing and talking with others. Language skills are best developed through reading and conversation. Children who watch less television (TV) do better in school.

Children who watch more TV tend to be heavier than children who watch less TV. Children who's families watch TV while eating, eat fewer fruits and vegetables, and more snack foods and sodas.

Setting Limits

Setting limits for children lets them know what they are allowed to do. For example, a parent might require that the TV be turned off during meals. Setting and enforcing limits also can help children develop healthy behaviors.

What to remember when setting limits:

- State limits in a positive way. For example, say “only milk or water at mealtime” instead of “no soda at mealtime.”
- Set reasonable limits. Ask yourself if your child can do what is expected based on his age and development. For example, it’s reasonable to expect young children to sit with the family during meals for at least 15 minutes but not reasonable to expect them to sit for more than an hour.
- Be consistent with enforcing the limit. If you give in when your child whines or cries, then your child quickly learns how to get her way.
- Help children understand the reason for the limits. Children are more likely to cooperate if they understand the reason.



Photo credit: USDA, Food and Nutrition Service

Source: Adapted from *Raising Healthy Eaters*, University of Wisconsin-Extension

The U.S Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the [State Information/Hotline Numbers](#) (click the link for a listing of hotline numbers by State); found online at http://www.fns.usda.gov/snap/contact_info/hotlines.htm.

USDA is an equal opportunity provider and employer.

Wisconsin Nutrition Education Program is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 1-800-362-3002 or go to <http://access.wisconsin.gov>.