

Limiting Screen Time



ACTIVE ADVENTURES
BE FIT TOGETHER

HEALTH BREAK

DID YOU KNOW?

On average, children ages 8-12 in the United States spend 4-6 hours a day watching or using screens, and teens spend up to 9 hours.

While screens can entertain, teach, and keep children occupied, too much use may lead to problems.

TOO MUCH SCREEN TIME MAY LEAD TO:



Sleep
problems



Lower
grades in
school



Weight
problems



Mood
problems

THINGS TO DO INSTEAD OF SCREEN TIME:



Play a
board game



Read a
story



Play
Outside



Take a
walk



Go to
the park

SOURCES/ADDITIONAL READING



Jiang Q, et al. *Effect of Applying Best Practices for Physical Activity and Screen Time to Family Childcare Homes. Prev Chronic Dis 2023;20:220325.*

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