

**Eating Smart & Moving More  
Celebrating Healthy Families**

**Moving More**

**Five Successful Ways  
to Reduce Screen  
Time**

Cutting back on screen time – television, movies at home, DVDs, video games and computer entertainment – is one of the smartest moves that a family can make. Here are five ways to make it easier than you ever imagined it might be.

**Make the commitment.**

Spend time talking with your entire family about the benefits of reducing the amount of screen time for everyone. Emphasize the positives. Focus on the fact that these changes will give you more time to spend doing fun and creative things together. Some families find it helpful to sign a ‘pledge’ together.

**Have a plan and stick to it.**

Figure out how much time you currently spend with screen entertainment. Decide how to gradually reduce the total amount of screen time. Taking the TV out of a child’s bedroom is a very helpful step. Some families set a specific number of hours per day. Others set specific times (like 4 to 6 PM) as screen-free.

**Be patient.**

Reducing the amount of time that your family spends plugged into screens is a major change. It is often helpful to make this significant change in small steps rather than in giant leaps. In fact, many children will hardly notice if you gradually decrease their TV or video game time in 15-minute increments.

**Be creative.**

Wondering what to do instead of watching TV? Screen-free activity cards can give you a jump start. Place cards in a small bowl or cup – perhaps near your TV. When you want to enjoy some screen-free time – but don’t know what to do, choose a card and follow the instructions. Use family time to brainstorm creative ways to spend screen-free hours or go to [www.tvturnoff.org](http://www.tvturnoff.org) for more ideas.

**Treasure your time together.**

The really good news about screen-free time is that it gives families more opportunities to really be together. It gives you more time to talk, more time to dream, more time to be physically active, more time to read, more time to share values and more time to enjoy each other’s company.



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