

LET'S MOVE! Child Care

Set Limits for Screen Time

Here's a tip!

Choose an activity, such as building a fort, dancing, or playing hide and go seek instead of watching TV.

For children 2 and up, work to limit screen time to 30 minutes per week during child care, with no more than 1-2 hours per day of quality screen time at home. Children under the age of 2 should not have screen time. This includes TV, videos, DVDs, computers, video games, and handheld devices

The Washington State Active Bodies, Active Minds (WAABAM) program is dedicated to providing online resources and materials to help child care providers and families learn more about encouraging physical activity and limiting



screen time. The WAABAM program has a toolkit, as well posters, handouts, bookmarks and other family-friendly materials for being active as a family, reducing TV watching, family meals, and a whole lot more under their **Healthy Habits** section of the website. The WAABAM program has been successful with developing and using screen time education materials with child care providers and families since 2006, reaching over 1400 providers and 23,000 children and families.

Here are more tips from TXT4TOTS on limiting screen time:

- 1 As parents, try to set screen time limits for the entire family. After the time is up, play board games or work on a puzzle together.
- 2 Eating in front of the TV during meal and snack times can lead to overeating and weight gain as children get older. Try to set a goal of no TV watching while eating.
- 3 Evening routines help the family unwind from a busy day and your toddler go to bed easier. Try reading a book or listen to a favorite song together.
- 4 If you need a break and want to let your child watch TV, set a timer for 30 minutes. You can get a lot done and know how much time she watched TV.
- 5 As a child care provider, be clear with your parents about your child care program's TV rules. Talk with parents about ways to set screen time limits when their child is home.

For other ideas and resources, check out the *Let's Move!* Child Care website at www.healthykidshealthyfuture.org.

For quick tips on healthy eating and activities check out Let's Move Twitter <https://twitter.com/letsmove>.