

### What families & individuals can do

- Limit total screen time for children to less than 2 hours a day and don't put a TV or computer in a child's bedroom
- Require a certain amount of physical activity time per day in order to "earn" additional video or screen time



### What communities can do

- Endorse and promote multi-use agreements between municipalities and facilities such as schools, parks, churches and shopping centers, that may be used for physical activity
- Support community-wide campaigns, such as Screen Free Week

### What early care & education providers can do

- Television and video use is limited to less than 60 minutes per day for preschool children
- Allow no screen time for children under 2 years of age
- Advise parents to limit total screen time (TV, video games, computer, etc.) to < 2 hours/day

### What healthcare providers can do

- Advise patients to limit total screen time (TV, video games, computer, etc.) to < 2 hours/day and to follow American Academy of Pediatrics recommendations to:
  - Allow no screen time for children under the age of 2
  - Limit children over age 2 to less than 2 hours of screen time per day
  - Keep TV sets, DVDs, video games and computers out of children's bedrooms

### What schools can do

- Reduce or eliminate advertising of low nutrient foods in the school and in school-based TV Programs (i.e. Channel One)
- Incorporate media literacy related to food marketing into academic curriculum
- Limit TV viewing during school meals/snacks

### What worksites can do

- Place TVs in non-eating areas of the workplace
- Limit food advertising in the cafeteria (i.e., print and other media)

