



Alaska · American Samoa · Federated States of Micronesia · Guam · Hawaii · Marshall Islands · Northern Mariana Islands · Palau

# CHL Children's Healthy Living Program

for Remote Underserved Minority Populations  
in the Pacific Region

Enhancing child wellness!

## CHL Tips for Decreasing Screen Time

The CHL program partners with community members and organizations to make deliberate choices that lead to healthier children. This tip or coaching sheet will assist you in achieving a positive change in the life of your child. Give the following tips a try and stay with them throughout your child's life!

### Talk to your family

Explain to your kids that it's important to sit less and move more in order to stay at a healthy weight.



### Limit screen time

Children: Less than 2 hours everyday  
Adults: Less than 2 hours everyday

### Set a good example

If your kids see you following your own rules, then they'll be more likely to do the same.

### Log screen time vs. active time

Start tracking how much time your family spends in front of a screen. Then take a look at how much physical activity they get.

### Make screen time = active time

When you do spend time in front of the screen, do something active. Stretch, do yoga and/or lift weights.

### Set screen time limits

Create a house rule that limits screen time to two hours every day. More importantly, enforce the rule.

### Create screen-free bedrooms

Don't put a TV or computer in your child's bedroom.

### Make meal time = family time

Turn off the TV during meals.

### Provide other options to TV

Give your kids ideas and/or alternatives, such as playing outside, getting a new hobby, or learning a sport.

### Don't use TV time as reward or punishment

Practices like this make TV seem even more important to children. Instead, encourage and join kids getting physically active, and make them find the joy and value of physical activity.

### Understand the power of TV ads & placements

Help your child understand that because it's on TV — or your favorite TV characters/actors eat or drink it — doesn't mean a food or drink is good for you.

### Tip sheet sources and additional resources

We Can! National Heart Lung and Blood Institute  
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm>

### Tip sheet developed by

Huizhong Wang, Graduate Assistant, CHL Program.

(v1. 1/2013)

For more information about the CHL program, contact:  
Northern Marianas College  
Cooperative Research, Extension and Education Service  
Dr. Jang Ho Kim | 670.237.6845 | [jang.kim@marianas.edu](mailto:jang.kim@marianas.edu)

[www.CHL-Pacific.org](http://www.CHL-Pacific.org)



United States Department of Agriculture  
National Institute of Food and Agriculture