

CHL Tips for Decreasing Screen Time

The CHL program partners with community members and organizations to promote healthy weight and overall well-being of young children in Hawaii, and support existing programs. 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.
- Be a good role-model**
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, reading a story together, 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.



For more about this tip or the CHL Program, contact:

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University of Hawai'i at Manoa

College of Tropical Agriculture and Human Resources

Dr. Rachel Novotny | 808.956.3848 | novotny@hawaii.edu

www.CHL-Pacific.org



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