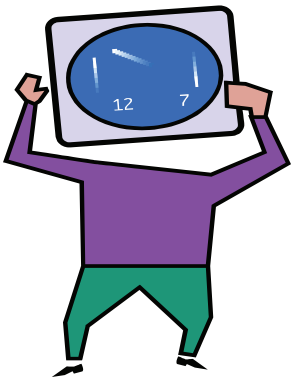
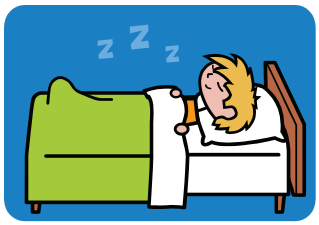
Turn off that TV!



How to Go Lean on the Screens!



Keep TV's, VCR's, video games and computers out of your children's bedroom.

Set family guidelines for appropriate subject content.

Set limits on the amount of screen time (2 hours *or less* every day of TV, videogames, and computer use).

Help your child plan TV viewing and other screen time in advance.

Make a list of fun activities to do instead of spending time in front of the screen.

Set a good example.

Keep books, magazines, and board games in the family room.

Source: Adapted from the Maine Center of Public Health *Keep Me Healthy* project.

5 2 1 0 Healthy NH