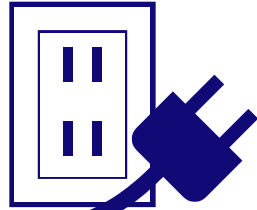


# YOU HAVE THE POWER



## 5 Steps to Guide Your Child's TV Time

Time spent watching TV takes time away from reading, playing and being active.

Watching a lot of TV can be bad for children's health and can affect children's weight. Children who watch more TV tend to weigh more.

- 1. Be a good role model**  
Eat healthy food, be active, and limit how much TV you watch.
- 2. Choose when the television is on**  
Limit TV time and stick to it!
- 3. Keep TV's out of kids' bedrooms**  
It's too hard to know what they're watching and when it's on.
- 4. Turn off the TV during meals**  
Focus meal time on talking with each other.
- 5. Get active!**  
Get your kids moving! Go for a walk, turn on the music and dance, give them chores... the activities are endless!

### How much TV should kids watch?

- **2 years and younger: none**
- **Older than 2 years: no more than 2 hours a day**

