

Television and Screen Time Reduction

The following Web sites offer tips for reducing children's television and screen time. These Web sites include those operated by the federal government, state governments, and nonprofit groups that health professionals consider to be reputable organizations. *Planet Health* cannot vouch for the accuracy or completeness of the information contained on these Web sites. The listing of a Web site here does not mean that *Planet Health*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

American Academy of Pediatrics (AAP)

AAP, a nonprofit organization of pediatricians, has information on how television viewing affects children, as well as television viewing guidelines and suggestions for parents.
www.aap.org/healthtopics/mediause.cfm

American Heart Association

How to Limit Tube Time and Get Your Kids Moving

The American Heart Association has suggestions for parents on how to reduce children's television time and encourage physical activity.
www.americanheart.org/presenter.jhtml?identifier=3033902

California Department of Health Services

Do More—Watch Less!

Designed for after-school programs and organizations that serve children ages 10 to 14, the Do More—Watch Less! toolkit aims to help youth reduce their screen time (TV, Web surfing, video games) and increase their activity.
www.dhs.ca.gov/ps/cdic/copi/copiforms/tvtool.htm

Nemours Foundation

KidsHealth: How TV Affects Your Child

KidsHealth, a Web site created by the Nemours Foundation's Center for Children's Health Media, offers this article on how television affects children, including suggestions for teaching good habits.
www.kidshealth.org/parent/positive/family/tv_affects_child.html

TV-Turnoff Network

The nonprofit TV-Turnoff Network offers two programs designed to encourage children and adults to reduce their TV viewing: TV-Turnoff Week and More Reading, Less TV. The Web site offers information on these programs, as well as tips for parents on how to reduce screen time.
<http://tvturnoff.org/>

We Can! (Ways to Enhance Children's Activity & Nutrition)

Helpful Ways to Reduce Screen Time

We Can! is a federal program that gives parents and caregivers tools for promoting healthy weight in children. The We Can! Web site offers tips on reducing screen time.
www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm