**LET’S GO! STRATEGY**

**Limit Recreational Screen Time**

![two hours or less of recreational screen time]

### WHY DOES THIS MATTER?

- Limiting screen time can help prevent childhood obesity.\(^1,2\)

- Young children who spend less time watching TV tend to do better in school, have a healthier diet, and are more physically active in later years.\(^3,4\)

- Too much screen time puts children at risk for lower reading scores, attention problems, and problems with learning.\(^5-8\) Increased amounts of screen time has also been linked to fewer hours of sleep in teens.\(^9\)

- New screen technologies continue to emerge and become popular, but they aren’t simply replacing the old ones. **Time spent with smartphones and tablets have only added to the total amount of time children and teens spend with screens.**\(^10\)

###References


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