

# Screen Time Shouldn't Replace Learning Time

The amount of time kids spend staring at a screen—watching TV, playing video games or surfing the Internet—has a direct effect on their behavior at home and at school, as well as on their grades. Here's how you can make sure that screen time doesn't take away from learning time:

- **Set limits—and stick to them.** Experts recommend that children watch no more than two hours of TV or other entertainment media per day. This is an easy way to make sure there's time to play and read.
- **Be a role model.** If you don't want your child to be a couch potato, drop the remote and go outside for some fresh air and exercise together.
- **Keep the TV and computer out of the bedroom.** Kids with TVs in their bedrooms tend to watch nearly three hours more TV a day. To monitor your child's online safety, keep the computer in a common area.
- **Don't use screen time as a reward or punishment.** It will make the TV and computer seem even more important.

