

# Television and Screen Time Reduction Web Sites

The following Web sites offer tips for reducing children's television and screen time. These Web sites are operated by the federal government, by state governments, and by nonprofit groups that health professionals consider to be reputable organizations. *Eat Well & Keep Moving* 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 *Eat Well & Keep Moving*, the Harvard School of Public Health, or the Harvard Prevention Research Center endorses these organizations or their positions.

The following Web site links will not work with all browsers. If the Web site links do not work with your browser, go to [www.eatwellandkeepmoving.org](http://www.eatwellandkeepmoving.org) for a complete listing of these Web sites, or simply type the Web site URL directly into your browser.

## **American Academy of Pediatrics (AAP)**

Internet/Media Use

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](http://www.aap.org/healthtopics/mediause.cfm)

## **American Heart Association**

How to Limit Tube Time and Get Your Kids Moving

This Web site of the American Heart Association has suggestions for parents on how to reduce children's television time and to encourage physical activity.

[www.americanheart.org/presenter.jhtml?identifier=3033902](http://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 aged 10 to 14, the Do More, Watch Less tool kit aims to help kids reduce their screen time (watching TV, surfing the Web, playing video games) and increase their activity.

[www.dhs.ca.gov/ps/cdic/copi/copiforms/tvtool.htm](http://www.dhs.ca.gov/ps/cdic/copi/copiforms/tvtool.htm)

## **Center for Screen-Time Awareness**

The nonprofit Center for Screen-Time Awareness offers two programs that 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/>

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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**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](http://www.kidshealth.org/parent/positive/family/tv_affects_child.html)

**We Can! (Ways to Enhance Children's Activity and 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](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/screen-time.htm)

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