

Focus on **5210**

You have the power to cut the power!

Let's all work together to reduce screen time!

The American Academy of Pediatrics recommends:

- **2 or less** hours of screen time each day (screen time includes: TV, video games, non-school computer)
- Keep TV out of bedrooms
- Turn TV off while eating
- No TV during homework time
- Limit screen time to specific times/days