

# powerUP

## Tips for Raising PowerUp Kids

2

### **TWO Hours or Less of Screen Time**

Power down the computer, television, cell phone, electronic games and notebooks.

Keep an eye on the clock (or use a timer) and enjoy family time without the screens!

Tune in to talking, playing, and moving!

2 hours or less



Visit [www.powerup4kids.org](http://www.powerup4kids.org) for more PowerUp activities, recipes and more!