

Turn off the TV

The American Academy of Pediatrics recommends screen time for kids should be limited to one or two hours a day. Screen time applies to television, movies, computer games, cell phones, and web-browsing. Children who watch more than two hours of TV a day are more likely to be overweight and often suffer from irregular sleep patterns. So let's give our children the best chance for health!



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- More likely to be overweight
- Often suffer from irregular sleep patterns

Create a Viewing Calendar

Choose your favorite television shows and mark them on the calendar. Turn on the TV just for those shows and turn it off afterwards. TV shows are available 24 hours a day and it is so easy to keep watching one show after another. Make sure you and your family are only watching the television shows that you want to watch, the ones you scheduled on the calendar, and not just any show that comes on.



Let's give our children the best chance for health!

How to Decrease Screen Time

No TV Dinners

Watching TV (or using other electronic devices) while eating dinner makes it easier to continue sitting and watching after you've finished with your meal.

Use mealtime to:

- Take turns talking about your day
- Plan family activities after dinner
- Plan activities for the weekend



Cut the Cord in the Bedroom

Relocate TVs and computers out of the kids' bedrooms.

- Children who have TVs in their room spend almost 1 ½ hours each day watching TV
- Children are removed from family time when they are watching TV in their bedroom

Parents can set the example by limiting their screen time!

Alternatives to Screen Time

Plan a range of active indoor and outdoor activities for the entire family

Indoor activities

Cooking
Arts and craft
Board games
Card games
Scavenger hunt
Socks skating
Hallway bowling

Outdoor activities

Biking
Hiking
Swimming
Water balloon games
Walk the dog
Frisbee
Skating
Scavenger hunt



Frozen Yogurt Pops

- 24 oz nonfat honey-flavored Greek yogurt, divided
- 8 oz strawberries, rinsed and hulled
- 8 oz blueberries, rinsed and cleaned of stems

Pulse strawberries in a blender with 8 ounces yogurt until smooth. Fill 1/3 of ice pop molds with mixture; wipe excess from top portion of the mold. (This prevents the layers from blending.) Top with layer of plain yogurt (about 8 ounces). Again, wipe the top portion of the molds. Pulse blueberries with remaining 9 ounces yogurt until smooth. Fill molds with blueberry mixture. Freeze 1 hour and insert ice pop sticks. Freeze 3 hours or until solid. Enjoy!

(Recipe from HMSA. For more recipes, visit wellbeinghi.com)