



DECREASING SCREEN TIME



Today we talked about ways we can decrease screen time. We live in a world full of electronics and screens. They're everywhere and vary in size. Screen time is time spent:

- watching television
- using the computer or internet
- texting
- playing hand-held games.

Kids two years old and younger should have ZERO hours of screen time. For kids older than two years of age, they should get no more than two hours TOTAL of screen time in a day.

AT HOME ACTIVITY



What can your family do to decrease screen time each day? Try these ideas:

- During commercials, do stretches, dance, do sit-ups or march in place.
- Try to remember to turn off the television if nobody's really watching.

- Plan ahead! Look at the shows that are going to be on and choose which one would be good to watch.
- Turn off the television and games when eating meals.
- Avoid eating while at the computer or watching TV. This helps keep your family from eating too much.
- Set a timer to help your family remember to get away from the TV or computer or whatever screen they are using. It's easy to lose track of time when you're in front of a screen.

EATING SMARTER

Eating healthier means eating smarter. You can still eat foods you love, but if they contain large amounts of fat or sodium (salt) eat less of them less often.

You do not need to change your family's diet overnight. Take small, new steps each week. Over time, your new focus on healthful eating will become healthy habits.

