Turn on the fun!

Life is lots more fun when you join in! Try these activities instead of watching TV.

- Ride a bike
- Go on a nature hike
- Put together a puzzle
- Turn on the music and dance
- Read a book or magazine
- Spend time catching up with your family
- Take your kids to the park or beach
- Play board games
- Walk, run, or jog
- Start a journal
- Play ball (basketball, catch, soccer, etc.)
- Go to the library
- Explore gyms in your community
- Rollerblade
- Charades
- Sled, ski, or snowshoe

5210

Every Day!

5 or more servings of fruits & vegetables
2 hours or less recreational screen time
1 hour or more of physical activity
0 sugary drinks, more water & low fat milk

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5210 Every Day!

Limit recreational TV or computer use to two hours or less.

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Did you know?

- Screentime includes TV, computer, Playstation, and Gameboy. All are important to limit.
- American children and adolescents spend 22-28 hours per week viewing television, more than any other activity except sleeping. By the age of 70 they will have spent 7 to 10 years of their lives watching TV.
  – *The Kaiser Family Foundation*
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.
- Healthy Screen Time:
  - *No TV/computer under the age of 2*
  - *No TV/computer in the room the child sleeps*
  - *One hour of educational TV/computer time between ages 2 and 5*
  - *After the age of 5, 2 hours or less*

Redy's Rules

Tame the TV and Computer!

Participate – keep TVs, computers, DVD players, and video games out of your child's room.

- Having the TV in a common room makes watching a family activity.
- Watch TV with your child and discuss the program. Ask them questions and express your views.
- This will also let you know what your children are watching.

Set Limits – know how much TV your child is watching.

- Set some basic rules such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings its time to turn off the TV or eliminate TV time during the week.

Tips from Redy

Help your child plan television viewing in advance.

- Keep books, magazines, and board games in the family room.
- Make a list of fun activities to do instead of being in front of a screen.
- Set family guidelines for age-appropriate shows.

Be a Role Model.

- Follow your own rules. Because children model behavior, set a good example with your own TV viewing habits.
- Avoid watching programs containing adult content when your child is in the room or nearby.
- Have the family help with dinner. It gets them involved and shows them helping is important.
- Put on music and let the kids dance.