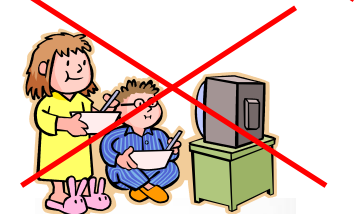
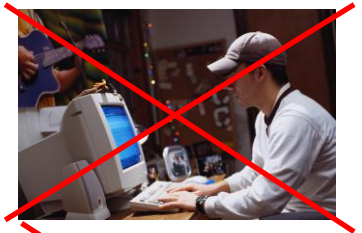


## Limiting Screen Time

Today we talked to your child's class about limiting screen time. The American Academy of Pediatrics recommends limiting non-educational media time to 2 hours or less a day. This includes television, computers, and video games. Media time is linked to higher levels of childhood obesity, less active play, an increased desire for fast food and other slow foods, and increased stress.

Here are some ideas for limiting screen time.

- **Keep televisions and computers out of kids' bedrooms.** They'll try to stay up later. It will be harder for them to fall asleep. If they are in their bedrooms, do you know what they are watching?
- **Make it special: Pick a few favorite shows and turn off the TV after they are done.** Watch as a family and talk about your values and beliefs. Talk about food advertisements too.
- **Don't eat in front of the TV.** This encourages mindless eating which can lead to weight gain.
- **Limit media time on school days and when friends are over.** Encourage your kids to play outside, do arts and crafts, play sports, read, etc. Determine an acceptable number of minutes of video games and computer time.
- **Create fun alternatives like a family game night, going to a park or for a walk.**
- **Plan a family meal together.** Take the kids to the store and let them choose ingredients. Encourage them to choose a fruit or vegetable they've never tried before and serve it as an appetizer.



### Personal Pizzas and Salad:

Whole wheat flat bread or pitas

Pizza or spaghetti sauce

Veggie toppings (spinach, peppers, mushrooms, etc)

Mozzarella, shredded

Lettuce, spinach

Let everyone assemble their own pizza, place them on a cookie sheet, and bake at 400 degrees until the cheese is melted.

Make a salad bar where everyone can create their own salad.

