



"I AM ACTIVE"

Turn Off That TV!

TODAY WE DID:

Today, we did a 15 minute lesson around our motto: "I am active" and 30 minutes of physical activity.

TODAY MY CHILD LEARNED:

Today, we learned about the importance of less screen time.

- We talked about in order to have enough time to be active, get homework done, and complete chores we will need to limit screen time.
- We talked about how less than 2 hours of screen time a day are best for ages 5-18, and less than 1 hour for ages 2-5. This includes any homework time that is needed in front of a computer, tablet, or phone.
- We talked about things we can do instead of watching TV.
- We also talked about how, if we are going to watch TV for 2 hours, what are some ways to get a little bit of physical activity while watching, like doing jumping jacks during commercials or in-between shows.

HEALTHY HABIT OF THE DAY:

I limit my entertainment screen time (TV, video games, movies) to two hours or less a day.



Healthy LifeStars

SETTING FAMILY RULES WITH ELECTRONICS

It's important for you to set health limits on your electronics for your own sake, as well as your child's.

Here are a few household rules that you can establish that might help:

- No digital devices during family meals.
- No screen time in the car.
- No screens allowed in bedrooms.
- No electronics use during family fun nights.

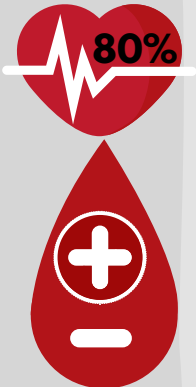
In addition, consider an occasional "digital detox" for the whole family. Create a screen-free night once a week or commit to unplugging one weekend a month. It will be good for everyone's physical and emotional health, as well as family relationships.

QUESTIONS TO ASK YOUR CHILD TO CONTINUE THE DISCUSSION FROM TODAY:

- Q: What happens when you watch too much TV?
- A: You might not sleep well, your body doesn't get the exercise it needs, and you tend to do less homework.
- Q: What is your goal for maximum screen time each day this week?
- Q: What can you do tonight instead of watching TV or playing on a computer?

10 EFFECTS OF WATCHING TOO MUCH TV¹

1. IT INCREASES THE RISK OF HEART DISEASE²



if you watch more than FOUR hours of TV a day, your chance of dying of cardiovascular disease increases by EIGHTY percent over a six year period.



2. THE DISRUPTION OF SLEEP¹

Sleep patterns begin to become irregular and sometimes, those that watch a lot of TV can have periods of extreme fatigue.

3. THE DIABETES ISSUE²

The risk of diabetes increase by 14% with every two hours of TV viewed each day.

4. OBESITY²

Research has shown that, for every two hours of TV per day, obesity rises by 23%

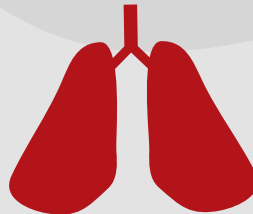


5. ATTENTION DEFICIT DISORDER¹

The rapid changes of sounds and images on the TV can lead to a decrease in attention span in young children.

6. INCREASE IN ASTHMA³

Children who spend more than 2 hours in front of the screen each day had twice the chance of suffering from asthma than kids who do not watch television.

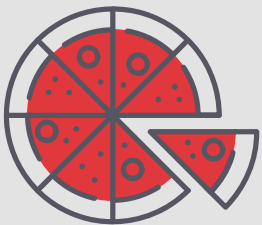


7. MENTAL DEVELOPMENT

Watching TV for a prolonged period of time can lead to negative effects in the intellectual development of children.

8. MINDLESS EATING

The mindless eating of junk food while watching TV can lead to obesity



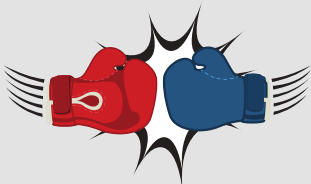
9. INCREASE IN EYE STRAIN

Focusing your eyes to one object for a prolonged period of time strains your eyes, which can lead to headaches and other negative effects.



10. NEGATIVE BEHAVIOR¹

In a study of three year old children, we saw that, those children who were exposed to more TV had increased risk of exhibiting violent or aggressive behavior.



¹ Impact of media use on children and youth. Paediatr Child Health. 2003;8(5):301-317.

² Kara M Whitaker, Matthew P Buman, Andrew O Odegaard, Katie C Carpenter, David R Jacobs, Stephen Sidney, Mark A Pereira, Sedentary Behaviors and Cardiometabolic Risk: An Isotemporal Substitution Analysis, American Journal of Epidemiology, Volume 187, Issue 2, February 2018, Pages 181-189,

³ Sherriff A, Maitra A, Ness AR, et al Association of duration of television viewing in early childhood with the subsequent development of asthma Thorax 2009;64:321-325.

INSTEAD OF WATCHING TV, I CAN...

Draw pictures in each box to show what you can do instead of watching TV.

Play at a park!

Read a book!

Ride a bike!

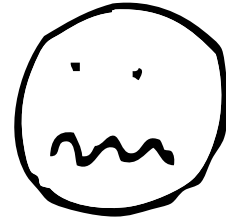
Play a board game!

Screen-time thermometer

Fill in the thermometer with every 15 minutes of screen time you do that is not related to school work.
Don't let the thermometer get too high!!

120+ minutes!!

Too much! Time to do something else!



120 minutes!!

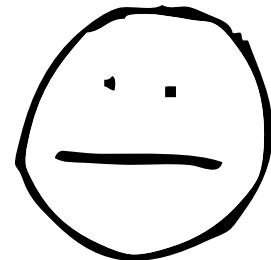
STOP! You're at the limit!

105 minutes

Getting close to the limit!

90 minutes

Getting warmer in here!



75 minutes

Try going outside and playing!

60 minutes

You're halfway to your limit!

45 minutes

Can you read a book instead?

30 minutes

15 minutes

