

TAKE A SCREEN BREAK



Many aspects of modern life involve screen technology like smartphones, tablets and television. Devices are a part of our culture, and adults are making important decisions about appropriate screen time for their families.

THINGS TO CONSIDER

- ◇ Studies have shown that excessive media consumption, including internet media, can lead to attention difficulties, school problems, sleeping and eating disorders, an depression.
- ◇ Ideally, children should have no screen time before the age of 2. Young children's brains are developing rapidly and benefit most from interpersonal communication with others.
- ◇ For all children and adolescents, limit screen time to 1-2 hours or less each day.
- ◇ It is important to ensure screen time is used in an active way.
- ◇ As a caring adult, model appropriate device usage and put your phone and tablet away and be fully present with your children.



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TIPS TO LIMIT SCREEN TIME

- ◆ Do something fun and active with your child every day.
- ◆ Do not watch TV during meals.
- ◆ Do not leave a TV on for background noise.
- ◆ Do not text or talk on the phone during meal time or when interacting and playing with family members.
- ◆ Decide *in advance* what you plan to view on your device and set a timer.
- ◆ Create “screen-free” zones. Bedrooms should not have screens, including tablets, phones, computers and televisions.



MOVEMENT IS NATURAL

The CDC currently recommends that children and adolescents engage in 60 minutes of physical activity every day. The 3 types of exercise suggested are: aerobic, muscle strengthening, and bone strengthening.

Aerobic Exercise: These types of activities should make up most of your child’s 60 or more minutes of daily physical activity. Have fun and play games such as tag, go on a walk, bike ride, or play a game of Frisbee.

Muscle Strengthening: Push-ups or gymnastics are examples of muscle strengthening exercises. The CDC suggests that children do these types of activities at least 3 times a week.

Bone Strengthening: Running and jumping rope are exercises that strengthen bones. Three days per week are also suggested for bone strengthening activities.

It is important to make children’s activities fun and not stressful. Playground activities, running, jumping rope, biking (with a helmet) and swimming are great choices along with team or individual sports. Since the goal is to encourage lifelong physical activity, it is important for your child to enjoy whatever they choose!

Source: Stanford Children’s Health

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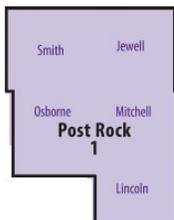
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