

November

Building a Healthy SASD

Turn Off the TV & Turn on the Fun!



Limit Recreational Screen Time Use to 2 Hours or Less Each Day.

Recreational screen time is defined as watching TV, playing video games or using a computer for non-educational activities or programs. Children and adults are encouraged to **limit recreational screen time to two hours or less each day**. The American Academy of Pediatrics recommends that children under the age of two not watch any television.

Why limit screen time? Screen time takes away from other activities with friends and family. Limiting screen time encourages kids to develop social skills, as well as find alternative activities that require more physical activity. Also, children that spend more time in front of a screen may be more likely to snack on foods, not realizing how much they are eating, and likely leading them to overeat.

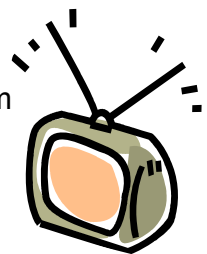
Parents are encouraged to be a role model! Set screen time limits for the whole family, as well as remove televisions, computers and video games from your child's bedroom.

DID YOU KNOW? 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*

Try some of these screen-time alternatives:

- Play outside or go to a park
- Organize a game night
- Turn on music and dance
- Volunteer in your community
- Learn to play a musical instrument
- Join a club, community center, or sports team
- Go bowling
- Plant a flower or vegetable garden
- Ride a bike
- Go for a family walk



For more information on limiting screen time, visit:

Children's Hospital of Philadelphia, Healthy Weight Program

<http://www.chop.edu/export/download/pdfs/articles/healthy-weight/healthyweight-pdf-screen-time.pdf>

Maine Medical Center, Let's Go Campaign

<http://letsgo.org/resources/ParentsLandingPage.php?id=parents&vid=v15>

WE CAN!

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/reduce-screen-time/index.htm>



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