Reducing Screen Time

May 2018
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For more information on how to lead a healthier lifestyle, visit our website GetHealthyCT.org

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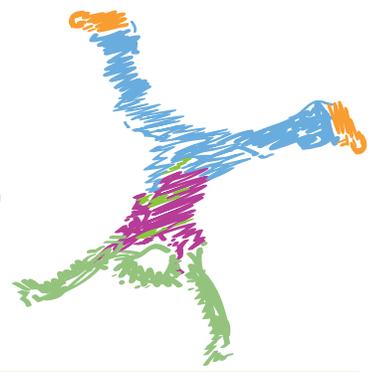
DECREASING SCREEN TIME

Today we talked about ways we can decrease screen time. We live in a world full of electronics and screens. They're everywhere and vary in size. Screen time is time spent:

- watching television
- using the computer or internet
- texting
- playing hand-held games.

Kids two years old and younger should have ZERO hours of screen time. For kids older than two years of age, they should get no more than two hours TOTAL of screen time in a day.

AT HOME ACTIVITY

What can your family do to decrease screen time each day? Try these ideas:

- During commercials, do stretches, dance, do sit-ups or march in place.
- Try to remember to turn off the television if nobody's really watching.

- Plan ahead! Look at the shows that are going to be on and choose which one would be good to watch.
- Turn off the television and games when eating meals.
- Avoid eating while at the computer or watching TV. This helps keep your family from eating too much.
- Set a timer to help your family remember to get away from the TV or computer or whatever screen they are using. It's easy to lose track of time when you're in front of a screen.

EATING SMARTER

Eating healthier means eating smarter. You can still eat foods you love, but if they contain large amounts of fat or sodium (salt) eat less of them less often.

You do not need to change your family's diet overnight. Take small, new steps each week. Over time, your new focus on healthful eating will become healthy habits.

Allina Health

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los niños activados por la salud
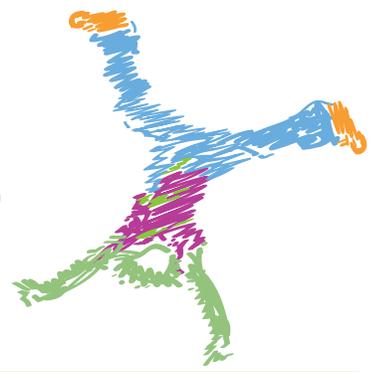
DISMINUYENDO EL TIEMPO FRENTE A LAS PANTALLAS

Hoy hablamos sobre maneras en que podemos reducir el tiempo frente a las pantallas. Vivimos en un mundo lleno de electrónicas y pantallas. Están por todas partes, y varían en tamaño. El tiempo de pantalla es el tiempo consumido en:

- ver televisión
- usar la computadora o el Internet
- enviar mensajes de texto
- jugar videojuegos portátiles.

Los niños de dos años o menos deben tener CERO horas de tiempo de pantalla. Los niños mayores de dos años de edad, no deben de tener más de dos horas de tiempo total de pantalla en un día.

ACTIVIDAD EN EL HOGAR

¿Qué puede hacer la familia para disminuir el tiempo de pantalla cada día? Pruebe estas ideas:

- Durante los comerciales estírese, baile, haga sentadillas, o marche en su lugar.

- Trate de acordarse de apagar la televisión si no hay nadie viéndola.
- ¡Planee por adelantado! Vea los programas que van a mostrar y elija cuál de ellos sería bueno ver.
- Apague la televisión y los juegos cuando se sienten a comer.
- No coma mientras está en la computadora o viendo la televisión. Esto ayuda a evitar que su familia coma demasiado.
- Ponga un cronómetro para ayudar a su familia a recordar que debe alejarse de la televisión o la computadora o cualquier otra pantalla que estén usando. Es fácil perder la noción del tiempo cuando se está frente a una pantalla.

COMER INTELIGENTEMENTE

El comer de forma más saludable es comer más inteligentemente. Usted también puede comer los alimentos que le gustan, pero si contienen grandes cantidades de grasa o sodio (sal) coma menos de ellos con menos frecuencia.

No es necesario cambiar la dieta de su familia de la noche a la mañana. Tome pequeños y nuevos pasos cada semana. Con el tiempo, su nuevo enfoque en la alimentación saludable se convertirá en hábitos saludables.

Screen Free Week

What is it?

Screen Free Week begins April 30-May 6. During this week, people are asked to refrain from any technology use expect for work and homework purposes. Today's children grow up immersed in digital media, which has positive and negative effects on healthy development. Scree Free Week is to spread awareness and help families balance digital and real life from birth to adulthood. Get Healthy Connecticut has provided interactive tools to educate families about ways to increase and maintain physical activity without technology.

What are the benefits?

Although technology has made learning faster and more efficient, it takes away from our physical life. People become so consumed with browsing the internet and posting on social media. The line between online life and reality are becoming blurred. The lack of physical activity is beginning to have negative effects on our health. Hosting Screen Free Week is to help educate families about the importance of getting off the screens and outside, especially for young developing minds.

Who can participate?

Everyone can get involved! There is no age limit to good health. The interactive activities are geared towards children, but families can participate as well. Maintaining a healthy life style is not easy, so the more family members involved the better. Get Healthy Connecticut has "Pledge Cards" that everyone can sign up for and receive a certificate of achievement once completed.

How do I get involved?

Becoming involved is simple and free. Fill out a pledge card and complete the interactive activities with your children. Get Health Connecticut has a list of free activities that don't require any technology.

For more information, please visit www.GetHealthyCT.org

Screen Free Week

Get Healthy CT would like to invite you to participate in this year's Screen Free Week event! Starting April 30 - May 6, our challenge to you is to turn off all phones, televisions and computers. Instead, enjoy time with friends and family, without using technology.

Physical activity is important for maintaining good health. Today, children are spending less time being active, and more time in front of a screen. This can be harmful to their health, so it's important for them to learn how to incorporate movement throughout the day.

Paint a portrait, play sports with friends, read a book, play board games with the family, help make a delicious healthy dinner and more! Get Healthy CT has a list of 50 free interactive activities to do inside, outside, and with the family. Pick a new activity to try this week!

Here is what a typical day would look like with technology vs. without:

With:		Without:
Get home from school		Get home from school
Play video games		Take the dog for a walk
Watch T.V		Re-organize room
Have dinner		Learn a new recipe
Watch more T.V		Play outside
On the web before bed		Read a book before bed

Increasing daily physical activity can be done in small steps. One healthy choice a day goes a long way. Take the pledge to go screen free and see how many *NEW* activities you can do in a week!!

For more information please visit our website: **www.GetHealthyCT.org**

Screen-Free Week Pledge Card

I, _____, pledge that during the week of _____, I will only use screens when they are required for school.

During this week, I pledge to not

- ✓ watch TV or videos
- ✓ play games on tablets
- ✓ surf the web
- ✓ use social media

Instead of these things, I plan to spend my time:

_____

_____

_____

_____.

I will also encourage my friends and family to go screen-free!

Visit **GetHealthyCT.org** for more information
Screen-Free week is a program of Campaign for a
Commercial-Free Childhood

50 Fun & Healthy Screen-Free Activities

1. Learn to bake a healthy dessert
2. Organize your closet and donate items or have a garage sale
3. Create an international dinner
4. Ask your parents to teach you their favorite childhood game.
5. Cook a healthy dinner with family
6. Play charades
7. Plant a garden
8. Make a healthy breakfast for your family
9. Take your dog for a walk
10. Reorganize your room
11. Go on a nature walk and learn about native trees and flowers in your area
12. Plan a healthy picnic
13. Go bird watching
14. Learn to use a compass and go for a hike
15. Climb a tree
16. Make paper bag costumes and have a parade
17. Discover your community center or local park activities
18. Build a fort in the living room and camp out
19. Invent a new game and teach it to your friends
20. Play hopscotch, hide & seek, or freeze-tag
21. Organize a neighborhood scavenger hunt
22. Make puppets out of old socks and have a puppet show
23. Write a play with friends and perform it for family
24. Construct a kite and fly it
25. If it's snowing, go sledding or make a snowman
26. Play basketball
27. Jump rope
28. Invite your friends to a walking challenge and see who can get the most steps in a day
29. Clean your room
30. Create sidewalk art with chalk
31. Go to a farmers market
32. Rake leaves or do yard work
33. Wash the family car
34. Help prepare healthy meals for the upcoming week
35. Walk to a friend's house
36. Help a neighbor with their yard work
37. Visit a new park and play on the playground
38. Take a cooking class
39. Go for a walk at a park or a beach
40. Create a new healthy recipe and make it for friends or family to try
41. Organize a healthy cooking competition with friends or family
42. Dance to music around the house
43. Try a new sport
44. Pick up trash around your town or neighborhood
45. Ride a bike
46. Make a fruit salad
47. Plant a tree
48. Prepare and deliver a healthy meal to a neighbor of family member
49. Go bowling with friends
50. Organize a backyard Olympics competition with your family

Visit GetHealthyCT.org for a list of local HEALTHY activities in your town and then get off the screen and GO PLAY!

Visit **GetHealthyCT.org** for more information
Screen-Free week is a program of Campaign for a Commercial-Free Childhood

Use this page to draw a picture or write a short story about what you learned during Screen-Free Week

Screen-Free Week Activity Log

Keep an activity log of all the screen-free activities you did this week. At the end of each day you can write down what you did that day by yourself, with friends, and with family. You may be surprised at how much more you actually can do when you go screen-free!

Get Healthy CT

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
By myself							
With Friends							
With family							

Visit **GetHealthyCT.org** for more information
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CERTIFICATE of ACHIEVEMENT

This certifies that

_____

has successfully completed Screen-Free Week!

_____   _____

School Name   Year

Visit **GetHealthyCT.org** for more information on healthy living.
Screen-Free week is a program of Campaign for a Commercial-Free Childhood