



Promote Healthy Viewing Habits

Help children develop positive screen time habits:

- Keep televisions, DVD players, video games, and computers out of your child's bedroom.
- Set limits on the amount of time children spend in front of a TV screen, computer, or playing video games.
- Help your child plan TV, computer, video game, and cell phone time in advance.
- Keep books, magazines, and board games easily available.



HealthiestWeight



Healthy Jacksonville



Learn more at:
www.5210Jax.org

This brochure is adapted from Let's Go! Materials.
www.letsgo.org

2

Two hours or less of screen time every day.



The Healthiest Way to Go!
Jacksonville

You can also view and print this brochure at:

<http://duval.floridahealth.gov/files/documents/community-2-brochure-duval.pdf>



Unplug and Play!

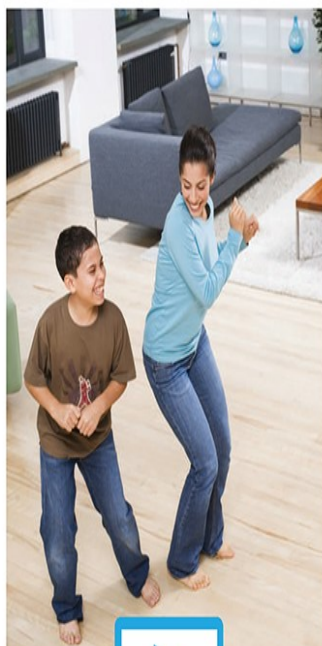
Try some of these unplugged activities.

Read a book	Play a team sport
Go for a walk	Plant a vegetable garden
Play on a playground	Play Frisbee
Go fishing	Try yoga
Play hide and seek	Act out a book
Turn on music and dance	Go on a treasure hunt



Healthy Tips!

- Be a role model. Limit your sitting screen time.
- Keep TVs out of children's bedrooms.
- Encourage active TV time. Have children stretch or do jumping jacks during commercials.
- Put TVs in central locations to monitor what shows are being viewed and for how long.
- Set family guidelines for age appropriate TV shows.
- Have a "TV-free" day. Read a book or take a walk together.
- Turn off the TV during mealtime.
- Limit phone calls and texting during meal times.



Did you Know?

Screen time includes TV, computer, video games, iPad, cell phones, and hand-held games.

Too much screen time has been linked to obesity, behavioral and social problems, low grades, and reduced physical activity.

The American Academy of Pediatrics recommends NO screen time for children under 2 and no more than one hour for children 2-5 years of age.

The use of TVs, video games, and computers in children's bedrooms can cause anxiety and sleep loss.

The more time a child spends with screens, the harder it will be for them to "unplug" as they get older.

You can also view and print this brochure at:

<http://duval.floridahealth.gov/files/documents/community-2-brochure-duval.pdf>



CHOOSING SOFTWARE FOR CHILDREN

Before using this article in a newsletter or handout, think about your family demographics. Do not use at all if you think most of your families do not own home computers (a beginning-of-the-year survey is an invaluable tool for finding out such a thing). Instead, prepare another handout that tells parents where they and their children can access computers , such as the local libraries, or their community center, and emphasize the value of learning computer skills.

However, with a group of families who do own computers, consider getting parent' input on software recommendations. Include a brief notice along with this article, asking parents to use the stated criteria to rate children's software that they have at home.

Encourage them to share children's comments and experiences. Include lists of recommended software in the next newsletter.

See the sample article on the next page. You can send it home to parents to help them choose software for their children.

Dear Parents,

Computers are a terrific learning tool, even in preschool, if used in ways that are appropriate for young children. When choosing software for the center, consider the following criteria, developed by two experts (Dan shade and Susan Haughland) on computer use with young children.

When considering software, ask yourself if it is:

Age appropriate for the child?

The software should provide realistic expectations for young children. The subject should be interesting and involve the child in an active way – not just in drill and practice.

Designed to give the child control?

The child is an active participant, initiating and deciding the sequence of events rather than simply doing tasks that have one right answer.

Easy for the child to understand?

For children who are not yet readers, instructions should be given by the computer's synthesized speech function or feature a picture menu.

Relatively easy for the children to use alone?

Good software for young children should function smoothly with a minimal amount of adult supervision.

