



# "I AM ACTIVE"

## Turn Off That TV!

Let's review the importance of limiting screen time.

- In order to have enough time to be active, get homework done, and complete chores we need to limit screen time.
- Less than 2 hours of screen time a day is 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.
- What can the family do instead of watching TV?
- When you are going to watch TV what are some ways to get a little bit of physical activity while watching TV? (hint: 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

**Q:** What happens when you watch too much TV?

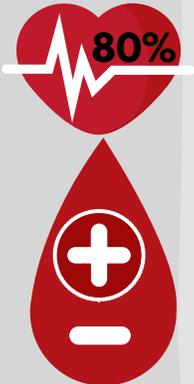
**A:** You might not sleep well, your body doesn't get the exercise it needs, and you tend to do less homework.

**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 TV<sup>1</sup>

## 1. IT INCREASES THE RISK OF HEART DISEASE<sup>2</sup>



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 SLEEP<sup>1</sup>

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

## 3. THE DIABETES ISSUE<sup>2</sup>

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

## 4. OBESITY<sup>2</sup>

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

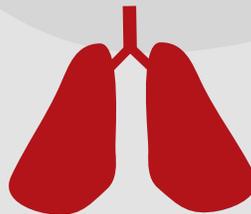


## 5. ATTENTION DEFICIT DISORDER<sup>1</sup>

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

## 6. INCREASE IN ASTHMA<sup>3</sup>

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.

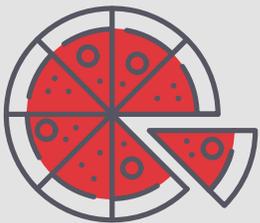


## 7. MENTAL DEVELOPMENT

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



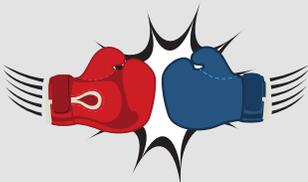
## 9. INCREASE IN EYE STRAIN

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 BEHAVIOR<sup>1</sup>

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.



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

<sup>2</sup> 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,

<sup>3</sup> 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**

