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DANGER—TOO MUCH SCREEN TIME BAD FOR KIDS!

So what is the problem now?

In our society, everyone sits too much. Screen time refers to TV, video games, computer time and DVD movie time. Health professionals encourage parents to get their kids movin' and monitor screen time.

1. Limit your child's screen time to 2 hours or less each day.
2. TV is not a good dinner guest. Shut the TV off. Enjoy family meals whenever possible and connect through conversation.
3. Don't put TVs or computers in your child's bedroom. TV and web cruising' should be monitored by an adult.. Bedrooms are for sleepin'.
4. Pediatricians encourage children to be active 3 or more hours everyday —with a minimum of 60 minutes of very busy activity everyday.



Smart Summertime Moves for Happier, Healthier Kids A child's job is to play. Is your child employed?

The lazy days of summer may have a downside for North Dakota children. A large study published in the April 2007 *American Journal of Public Health* reported that the average BMI (Body Mass Index) of 5 to 6 year-olds increased more than twice as much during summer months compared with the school year. The researchers speculate that a lack of summertime structure **allows many in the tater tot generation – the children of couch potatoes** – to play too many video games, watch too much TV, and munch on too many high-calorie snacks. How about starting a family rule of no TV during summer months?

Do you employ child care that insists on the structure of planned, sit down meals and two healthy snacks each day that are based around activities that happen in the back yard, the park or the bike trails? Drop in at your child's day care and monitor activities. Today's world requires different safety considerations for children, but children who are allowed to get "dirty" climbing trees, riding bikes, jumping rope, playing hop scotch and doing "made up games" that do not require store-bought toys, do better!

FAMILIES THAT PLAY TOGETHER.....

....ARE FIT TOGETHER!

