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.

Florida HEALTH
Duval County

HealthiestWeight

Healthy Jacksonville

A Community Approach for Healthier Kids
Childhood Obesity PREVENTION COALITION

Florida Blue **Foundation**

CITY OF JACKSONVILLE, FLORIDA

Learn more at:
www.5210Jax.org

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

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Two hours or less of screen time every day.

5210

The Healthiest Way to Go!
— *Jacksonville* —

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.

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