



Reduce Screen Time

Aim for no more than 2 hours
a day, including TV, computers,
video games and apps.



PREVENT. PROMOTE. PROTECT.

Developed by Healthy Children Healthy
Weights at Columbus Public Health

For information about these materials
visit www.publichealth.columbus.gov



THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR

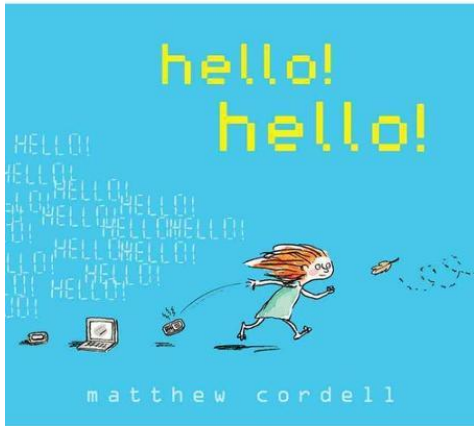
COLUMBUS
PUBLIC HEALTH



HEALTHY FAMILIES: BOOK OF THE MONTH



Reduce Screen Time ★★★



Title
Hello! Hello!

Author
Matthew Cordell

Summary

Outside the world is bright and colorful, but Lydia's family is too busy with their gadgets to notice. She says "Hello" to everyone. "Hello? Hello!" Her father says "hello" while texting on his phone; her mother says "hello" while working on her computer; and her brother doesn't say "hello" at all. The television shouts "Hello!" But she doesn't want to watch any shows. Lydia, now restless, ventures outside. There are so many things to say "hello" to! "Hello rocks! Hello leaves! Hello flowers!" When Lydia comes back home she decides to show her family what she has found, and it's "hello world" and "goodbye gadgets!"

To borrow a free copy, visit the Public Library of Cincinnati and Hamilton County to find a library branch near you at <http://www.cincinnatiilibrary.org/>. This book is also available in stores and online.



HEALTHY FAMILIES: TIPS OF THE MONTH



Reduce Screen Time ★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★

Screen Time Overload

Recent studies show that children ages 2–5 are spending nearly 32 hours per week in front of television screens, and kids ages 8–18 are spending almost 6 hours a day (42 hours per week) watching television and using computers, cell phones, and other electronic devices. Excess screen time has been shown to increase the risk of obesity, decrease performance in school, and contribute to difficulty falling asleep.

Recommendations

Limit screen time to no more than 2 hours a day for children ages 2 years and older. No screen time is recommended for children younger than 2 years.

What You Can Do

1. Turn off the television and other electronic devices during all meal times.
2. Avoid using screen time as a means of reward or punishment. Often those items that are rewarded or withheld from a child end up becoming more desirable in a child’s eye.
3. Make screen time “family time” and keep the television and other electronic devices in a common room and out of your child’s bedroom.

For more information on Reduce Screen Time:

1. United States Department of Agriculture | WIC Works Resource System—
<http://wicworks.nal.usda.gov/topics-z/reducing-screen-time>
2. United States Department of Agriculture | Team Nutrition Resources—
<http://healthymeals.nal.usda.gov/cacfp-wellness-resources-child-care-providers/electronic-media-use-screen-time>
3. National Heart, Lung, and Blood Institute—
<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/parent-tip-sheets.htm>

Adapted from: Columbus Public Health—Healthy Children, Healthy Weights Program



HEALTHY FAMILIES: ACTIVITY OF THE MONTH



Reduce Screen Time ★★★★★★★★★★★★★★★★★★★★★★★

Turn off the TV during Family Meals

Family meals are a great time to talk to each other. So, turn off the TV during meals, or better yet, if you have a TV in your eating area, remove it. Research shows that families who eat together tend to eat more nutritious meals. Make eating together a priority and try to have family meals at least two to three times a week. Begin with breakfast—it’s a great way to start the day. For additional information or resources visit the Let’s Move initiative website at: <http://www.letsmove.gov/reduce-screen-time-and-get-active>.

Get Active during Screen Time

Try to reduce the amount of time your family spends watching television. When you do spend time in front of the screen, lead the family in some fun activity breaks. Stretching, practicing yoga poses, walking on a treadmill, or even engaging in a few free-weight exercises are just some of many ways to get active. Make it a family challenge to see who can do the most push-ups or jumping jacks during commercial breaks. For additional information or resources visit the Let’s Move initiative website at: <http://www.letsmove.gov/reduce-screen-time-and-get-active>.



empañapita

Ingredients

2 cups canned low-sodium black beans, rinsed

2 cups frozen broccoli, corn, and pepper vegetable mix, thawed

2 cups grilled boneless, skinless chicken breasts, diced (about 4 small breasts)

1/2 cup shredded low-moisture part-skim mozzarella cheese

1 tablespoon fresh cilantro, rinsed, dried, and chopped (or substitute 1 teaspoon dried coriander)

2 tablespoons scallions (green onions), rinsed and chopped (or substitute red onions)

2 (6 1/2-inch) whole-wheat pitas

1 cup Tangy Salsa (See separate recipe card for details.)



1. Preheat oven to 400°F.
2. Combine beans, vegetables, chicken, cheese, and seasonings. Mix well.
3. Cut pitas in half, and open the pockets. Divide filling evenly between the four halves (about 1 1/2 cup each).
4. Place pitas on a nonstick baking sheet, and bake for about 10 minutes until the filling is hot, cheese melts, and chicken is reheated.
5. Serve each empañapita with 1/4 cup of Tangy Salsa.

Yield 4 servings, **Serving Size** 1 stuffed pita half, 1/4 cup Tangy Salsa, **Calories** 373, **Total Fat** 4 g, **Saturated Fat** 1 g, **Cholesterol** 34 mg, **Sodium** 374 mg, **Total Fiber** 14 g, **Protein** 27 g, **Carbohydrates** 60 g, **Potassium** 741 mg



National Heart, Lung,
and Blood Institute

Spud Stuffers

Choose a topping to add to a medium baked potato.
Each topping recipe makes enough for one potato.

Western Topping

Ingredients

- 2 tablespoons light sour cream
- 2 tablespoons shredded reduced fat Cheddar cheese
- 2 tablespoons chopped tomatoes
- 2 tablespoons finely chopped green bell pepper
- 1 tablespoon sliced green onion
- ½ teaspoon bacon bits

Preparation

1. Let your baked potato cool slightly. Carefully cut open the top.
2. Place sour cream inside the potato and use a fork to mix.
3. Add cheese, tomato, bell pepper, green onion, and bacon bits to the top of the potato. Serve.

Makes 1 serving. *One serving equals one potato.*

Preparation time: 10 minutes

Veggie-Cheese Topping

Ingredients

- 2 tablespoons light sour cream
- 2 tablespoons chopped broccoli
- 2 tablespoons chopped yellow squash
- 1 tablespoon water
- 2 tablespoons shredded reduced fat Cheddar cheese
- 1 tablespoon sliced green onion

Preparation

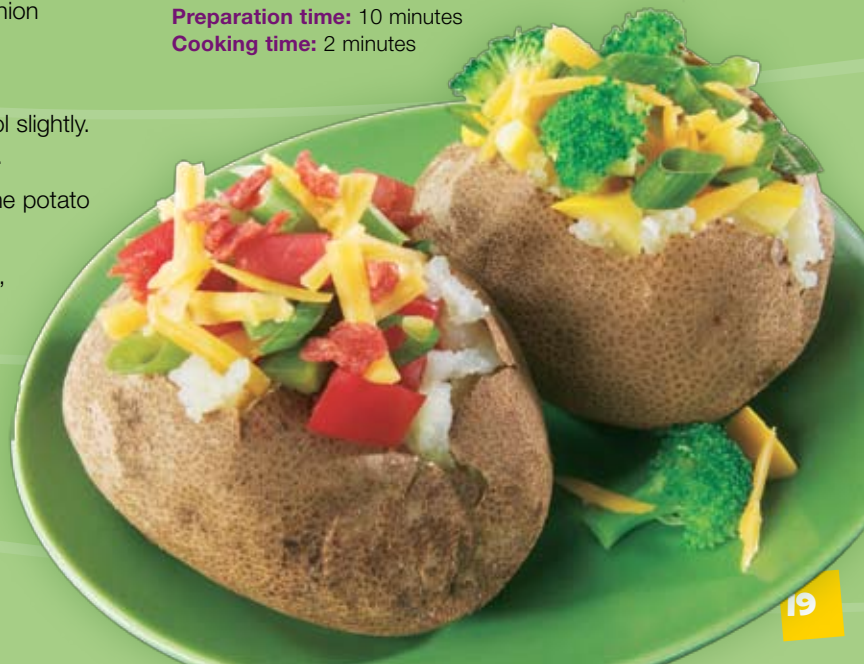
1. Let your baked potato cool slightly. Carefully cut open the top.
2. Place sour cream inside the potato and use a fork to mix.
3. Combine broccoli, squash, and water in a microwave safe bowl. Cover the bowl with a lid or plastic wrap. Be sure to leave a little opening for the steam to get out.

4. Microwave on high for 2 minutes. Use a pot holder to remove the bowl from the microwave because it may be hot.
5. Let stand for 1 minute and then remove lid. Drain water.
6. Spoon broccoli and squash onto the baked potato. Top the potato with cheese and green onion. Serve.

Makes 1 serving. *One serving equals one potato.*

Preparation time: 10 minutes

Cooking time: 2 minutes



Network for A Healthy California: Kids...Get Cookin'! Fast and Fun Recipes
Available at: www.cdph.ca.gov

Helpful Hint: To make a baked potato, wash a medium potato and pierce 3 times with a fork. Microwave on high for about 5 minutes. Turn potato over and cook on high for 2 minutes more, or until potato is soft.

Reduce Screen Time

Aim for no more than 2 hours a day.

Aim for no more than 2 hours a day, including TV, computers, video games and apps.

Instead of screen time, get kids moving.

INDOOR ACTIVITIES:

- Hide an item, like a stuffed animal, in the house and let your child find it.
- Read books and act out movements to a story.
- Keep supplies on hand for coloring, finger painting, and play dough.
- Make a favorite recipe together.
- Put a puzzle together.



OUTDOOR ACTIVITIES:

- Blow bubbles.
- Go on a bug safari - see how many different types of bugs you can find.
- Take a walk to the library and check out a book.
- Climb the jungle gym at the local park.
- Use sidewalk chalk to draw pictures or create a hopscotch board.