

Key Steps to Prevent Overweight Kids

(For parents with children 0-4 years old)



Decrease screen time (TV, videos, computer, etc)

Did You Know?

- Children who watch more TV are more likely to become overweight.
- Children with a TV in their bedroom are more likely to become overweight.
- Children learn better by doing and playing – not watching screens.
- 90% of food commercials on Saturday morning kids' TV shows are for junk foods like sugary cereals, candy and fast food.
- Children who watch less TV ask for fewer junk foods and fewer toys (because they don't see so many commercials).
- Children who live in a home where the TV is usually on are less likely to be able to read when they are 4-6 years old.
- Children who watch screens have a harder time relaxing their mind and bodies – and a harder time going to sleep.
- Doctors recommend **NO** screen time for children less than 2 years old.

Tips for Parents

- *Decrease YOUR screen time; it will be easier for your child to do the same.*
- *Keep track of how much screen time your child has each day. Each day try to decrease screen time and increase physical activity.*
- *Limit total screen time to no more than one hour per day.*
- *Do not put a TV in your child's bedroom.*
- *Turn off the TV during meals.*
- *Plan activities your child can do instead of watching screens.*



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Increase daily activity & decrease screen time

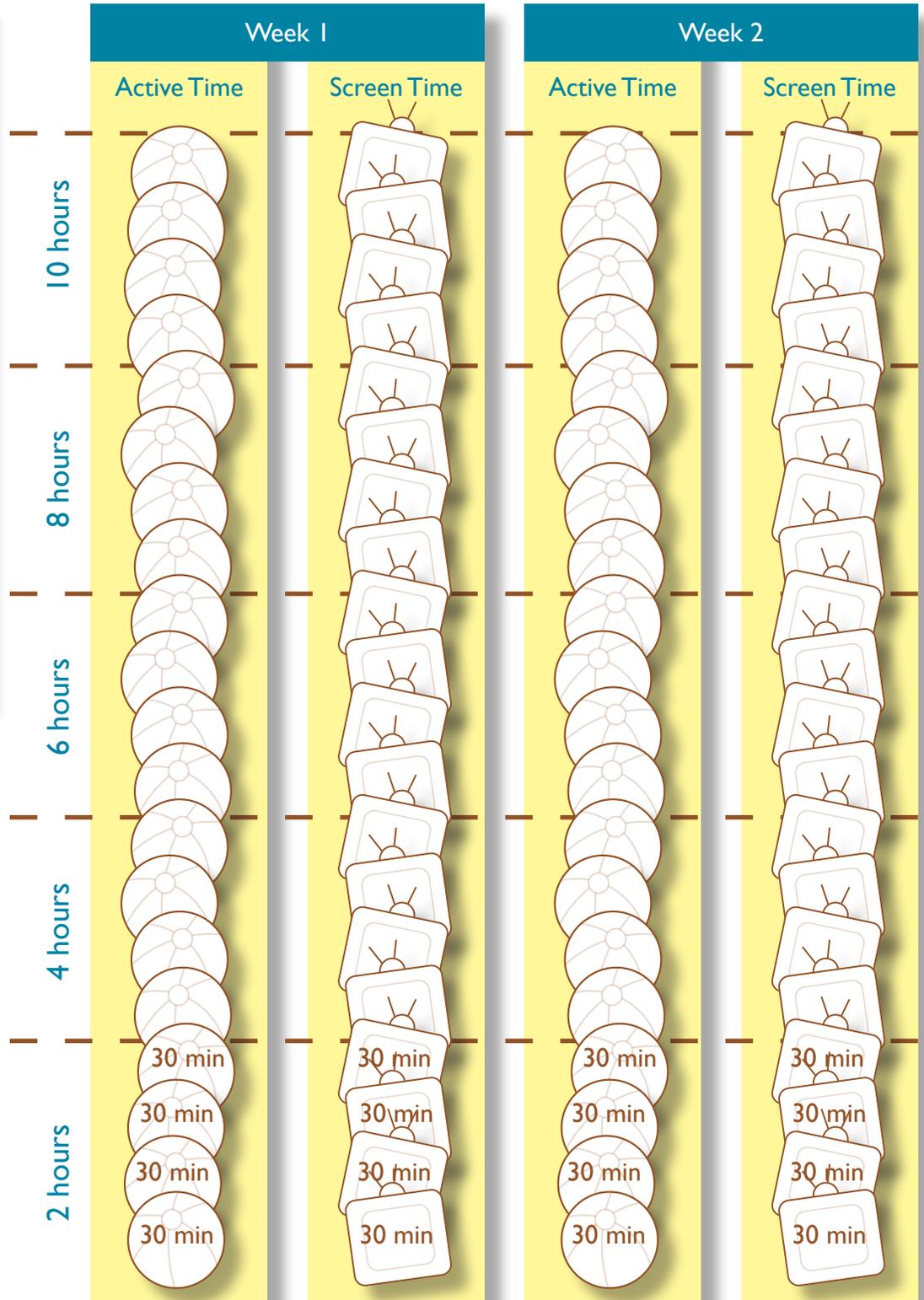
• *Activity page for your child* •

Tape this page to your refrigerator to track your child's total active playtime and total screen time each day for two weeks.

Color in one "ball" for each half hour you spend playing actively with your child.

Color in one "screen" for each half hour your child spends watching screens (TV, videos, computer etc).

Can you increase your child's playtime and decrease screen time during week 2?



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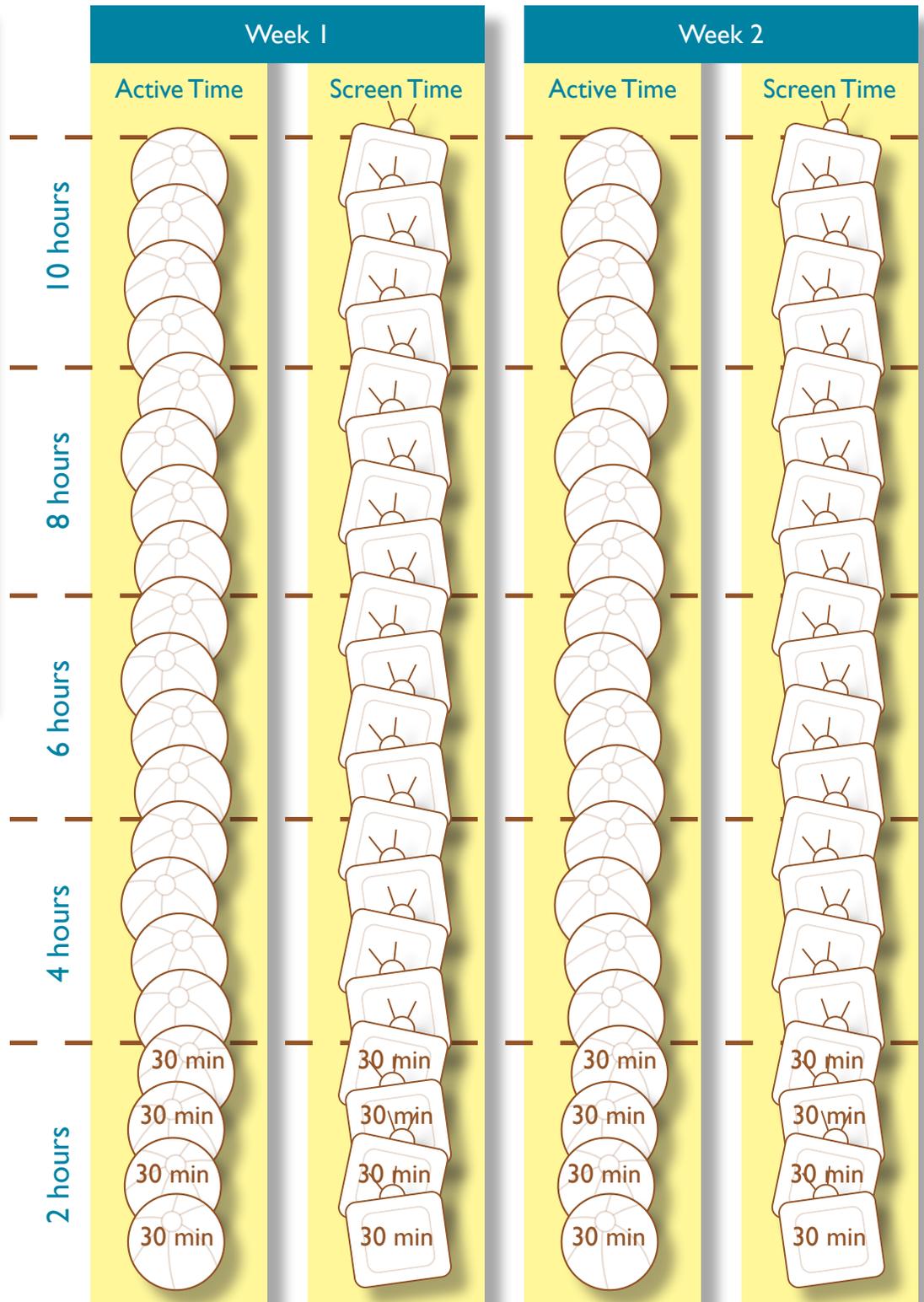
• Activity page for you •

Tape this page to your refrigerator and track the total time you are physically active and your total screen time each day for two weeks.

Color in one "ball" for each half hour you spend exercising.

Color in one "screen" for each half hour you spend watching screens (TV, videos, computer etc).

Can you increase your physical activity and decrease screen time during week 2?



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Take time each day to PLAY

• Activity Page •

Put a check mark in the box next to the activities that you are willing to try *this week*.

Infants

- Blanket Time**
Place your baby on a blanket on the floor. Place toys nearby and let him reach for them.
- Bubble Burst**
With your baby in a baby seat, blow bubbles within her reach. Show her how to pop the bubbles.
- Stretch & Wiggle**
Help your baby to:
 1. Stretch his arms and legs
 2. Wiggle his toes
 3. Shake the rattle
 4. And pat his nose



Toddlers and Preschoolers

- Cardboard Box**
Find a large cardboard box. Cut windows and doors in the sides. Crawl in and out and play with your child.
- Let's See, I'll Be**
Ask your child to act like
 - A tree blowing in the wind
 - The sun rising
 - A train chugging on a track
 - A cat arching its back
- Body Part Follow the Leader**
Put on your favorite music and move your body together with your child as you:
 - Bend one knee, now the other
 - Nod your head, look high and look low
 - Shake a leg
 - Clap your hands
 - Wave your arms
 - Kick your legs
 - Stomp your feet
- Animal Movements**
Take turns moving like animals:
 - Hop like a frog
 - Crawl on the ground like a caterpillar
 - Fly like a butterfly
- Marching Band**
 - Fill an empty can with beans and shake it
 - Bang on pots with a wood spoon
- Outdoor Helping Activities**
 - Help walk the dog
 - Help wash the car
 - Help garden