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PRESCHOOL NUTRITION NEWS

UC CalFresh Nutrition Education Program

LIMITING SCREEN TIME

UNIVERSITY OF CALIFORNIA
calFresh Nutrition Education



Young children who spend a lot of time watching TV or playing video and computer games are less likely to be physically active in later childhood. They are also likely to eat foods that are less healthy, such as soft drinks and fried foods, and are more likely to snack more and have a higher chance of being overweight. Screen time can take away from activities that help with brain development,

imagination, and social skills, such as talking, playing, singing, and reading. You can make a difference by educating the families you serve about the importance of limiting screen time and encouraging other activities.

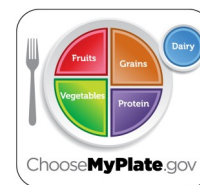
Screen time includes TV and DVD viewing, video games, recreational computer use, internet surfing, and other electronic devices.



Spring 2019

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Screen time guidelines:

- No screen time for children under the age of 2
- No more than 1 to 2 hours per day for children over the age of 2
- No screen time during meals and snacks
- Screen time should be high-quality, educational programming
- Screen time should have limited or no commercials or advertising

More Resources

Visit our website:
<http://ceplacer.ucanr.edu>

You can email a UC CalFresh representative with any questions or information needs. Also, please feel free to share any tips or suggestions you might have with other teachers!

SCREEN FREE ACTIVITIES

Give these screen free activities to families to celebrate Screen Free Week!

Limbo: Bring a broom stick outside and ask two older children or adults hold the ends. Have the children go under the stick without touching it. If the stick is touched, then that child is out. After everyone has had a turn, the stick can be gradually lowered in increments. This can be done to music, too, if available.

Egg Races: Make some hard boiled eggs and bring them outside with some tablespoons. Have fun telling your preschooler where they have to walk, run, jump, etc., while balancing the egg on the spoon. This promotes balance and dexterity.

Simon Says: This is one of the most popular games for young children to play. It encourages good listening skills and focus. You are Simon. Stand facing your children and give orders, such as *"Simon says to touch your nose"* or *"Simon says to do a jumping jack."* As you call out each order, the children must do whatever you do, as long as you have said, *"Simon Says."*



Head, Shoulders, Knees, and Toes: You sing the tune and control the pace. Children have to touch the body part being mentioned, as it is mentioned. You can speed up the pace of the tune, and your child has to move faster and faster to keep up. It can get pretty funny as everyone tries to touch their knees and toes as fast as possible.

Nature walks: You can turn literally any walk outside into a nature walk—even a walk around the block. Observe the weather, animals, bugs, and plants. You might say, *"Look at those big clouds,"* or *"Touch this grass. It is still wet from yesterday's rain."* Preschoolers especially love exploring and are sure to have plenty of questions for you along the way!

Tag: You can be "It" for starters. Everyone tries to catch you and tag you. If you are tagged, then that child gets to be "It." Some designated spots can be considered "safe," like all the trees, or park benches, etc.

Run Around: You can be "It" and call out things for everyone to do. For example, *"Run from this tree to that tree,"* or *"Hop on one foot from this bench to that tree."* There are endless suggestions—you will probably run out of ideas before your preschooler gets bored!

Read Out Loud: Find a book the family would enjoy and read out loud for everyone to hear. Children can also draw or put a puzzle together while listening.

Cook Something: Find a simple recipe to cook together. Even very young children can assist by washing produce, stirring and measuring ingredients, and helping to set the table or clean up.

Celebrate Screen Free Week!
April 29—May 5, 2019
Encourage children and families to turn off the TV
and other electronic devices and participate.

WHY DO WE NEED TO LIMIT SCREEN TIME?

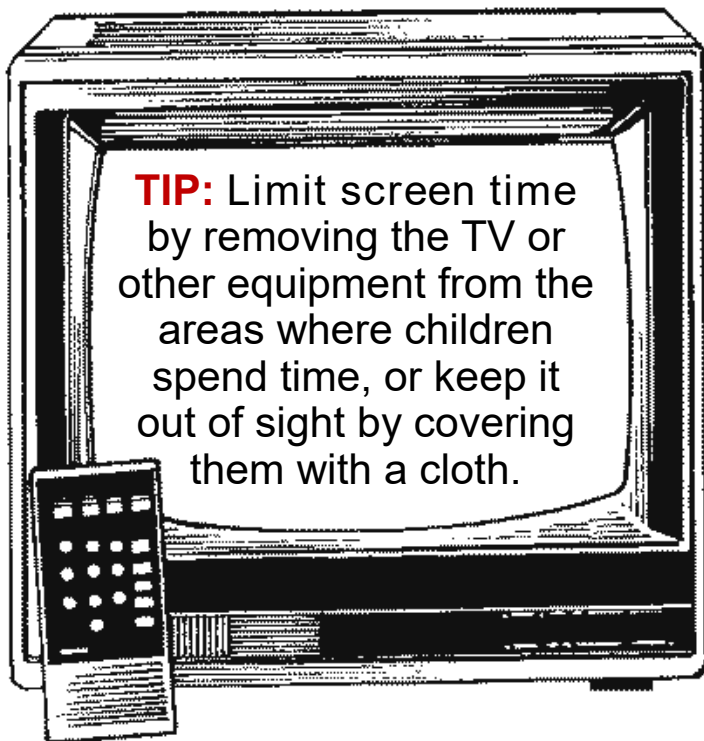
It is important to limit TV and DVD time because:

- ↪ Having the TV on can disturb children's sleep and play, even if it is on in the background.
- ↪ TV and some DVDs include advertisements for unhealthy foods. Young children cannot tell the difference between programs and advertisements.

It is important to limit video game playing because:

- ↪ The more time children spend playing video games, the more likely they are to have difficulty concentrating at school.
- ↪ We know from research that the more time children spend playing video games and watching TV the less active they are.
- ↪ Even video games requiring children to be active while playing (called exergames) should be limited. Children might not reach a high level of physical activity when playing these games.

* Video games include those played using a video game console and TV, a hand-held device such as a cell phone, or a computer.



It is important to limit recreational computer use, even for educational games, because:

- ↪ Many websites promote less healthy foods.
- ↪ Many websites include on-screen computer games.
- ↪ Computer games can impair children's sleep at night. Sleep is important for children's health and development.

University of California Cooperative Extension

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Happy Healthy Me...Moving, Munching & Reading Around MyPlate for 4 to 6-Year-Olds
Combines stories and literacy with nutrition education for Preschool and Pre-Kindergarten.

Parent Workshops
Fun, interactive parent workshops are available. Please call for more information.

Go Glow Grow
A preschool curriculum that teaches about healthy foods and what they do for the body.

CINDY FAKE
County Director

ROSEMARY CARTER
UC CalFresh Program Manager

MICHELE FISCH
UC CalFresh Nutrition Educator

The UC CalFresh Nutrition Education Program targets schools and community programs with large numbers of children from food stamp households. Teachers, youth program leaders, and other extenders at the sites are trained to deliver a nutrition education program targeted to youth audiences. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

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