

Family Times

PROMOTING HEALTHY CHOICES

GENERAL HEALTH FOR 3rd - 5th GRADE



Family Times is a newsletter provided by HealthMPowers as a resource for families.

Activities and information are presented to help families encourage the adoption and maintenance of healthy behaviors.

Research indicates that family involvement is critical to both the health and the academic performance of young people.

Tips for Caregivers

- Establish a house rule that allows no more than two hours of screen time every day.
- Turn off the TV when it is time to eat, and have a conversation instead.
- Be a good role model for your child.
- Do not use screen time to reward or punish your child.

Screen Time's Toll On Children

As video games, television and computers become more of a standard in a child's life, often they become more sedentary.

According to the National Institutes of Health, overweight prevalence is highest among children watching four or more hours of TV a day. Additionally, research indicates that too much screen time can interfere with activities such as spending time with family, playing with friends, reading, and doing homework.

The American Academy of Pediatrics recommends limiting screen time to no more than one or two hours a day.



Some simple ways to reduce your child's screen time, and help them maintain a healthy weight are listed below.

- Set limits on screen time in your home.
- Turn off the TV, and make meal time family time.
- Grow fresh fruits and vegetables at home, and have your child help.
- Make commercial breaks activity time.

CUT HERE AND RETURN TO CLASSROOM TEACHER

Family Completion Chart

Young people need to hear health promotion messages at home. Children learn by imitating adults. Help your child learn how to make healthy choices. See reverse side for activities.

Student Name: _____

Number of Activities We Completed this week!

Family Member Signature: _____

Comments: _____

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ENCOURAGE YOUR CHILD TO ACCEPT THE FOLLOWING GOAL:

“I will reduce my screen time to less than two hours a day.”

Please complete the following activities that reinforce this goal with your child, stressing the importance of this health behavior.

With your child, determine how much time he/she can spend in the following activities and fill in the goals for the week. Remember, the total time should not exceed two hours. Place this chart in a visible location to help your child know what the screen time expectations are and record their actual screen time for the week.

	TV/Video/DVD	Video Games	Computer/Internet	Total Screen Time
GOAL	_____ minutes	_____ minutes	_____ minutes	_____
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

We did this!

While watching TV this week, have all family members exercise during commercial breaks. Using the chart below, put a star next to the family members who perform each exercise for the duration of a commercial.

Family Member Name	Invisible jump rope	Alternate 3 push-ups and 3 crunches	Jog in place	Do squats with arms out in front of you	Do lunges with bicep curls	Arm circles while marching in place

We did this!