



healthMPowers® presents

# Family Times

PROMOTING HEALTHY CHOICES

GENERAL HEALTH FOR K - 2nd 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/or 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

- Be a role model for your child. If he/she sees you being physically active, he/she is more likely to be active and stay active.
- On rainy days that force you to stay inside, walk or run up and down the stairs.
- Include children in household activities like dog walking, car washing or gardening.
- When watching TV, encourage your child to get up and move during commercials.

## Reducing Screen Time!

With more televisions, computers and electronic games in homes, more children are spending time in front of a screen. Over the course of a year, some children can spend more time in front of a screen than they do in school!

Too much screen time, which includes watching TV, playing video games, and using the computer, can be detrimental to both health and school success.

It is recommended that children should spend only one to two hours a day, at most, in front of a screen.



### To reduce screen time, consider:

- Turning the TV off during dinner.
- Making some days of the week TV- free days.
- Avoiding the use of the TV as a baby-sitter.
- Logging screen time to track accurate use in your home.

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.

Student Name: \_\_\_\_\_

Family Member Signature: \_\_\_\_\_

Comments: \_\_\_\_\_

*Number of Activities We Completed this week!*

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ENCOURAGE YOUR CHILD TO ACCEPT THE FOLLOWING GOAL:

*“I will exercise more and reduce screen time to keep healthy!”*

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

Make a list of the “screens” in your home. (Include computers, TVs, hand-held computer games, etc.)

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Think of ten activities that you can do over the next week instead of watching television or playing computer or video games. List them here.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

*We did this!*

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Choose one day to eliminate screen time, and make it a “No TV or Screen Day.” For every show your child usually watches, substitute a different physical activity or family activity during that time. (For example: go for a walk, play tag, jump rope or go to a neighborhood park)