

UNPLUGGED!

Life is a lot more fun when you join in!



Interesting Facts About TV

- Screen time can be habit-forming: the more time children engage with screens, the harder time they have turning them off as they become older children.
- Over 50% of advertisements accompanying children's TV shows are about foods, and up to 98% of these promote foods that are high in fat, sugar, and/or sodium.
- Reducing screen time can help prevent childhood obesity.
- Children who spend less time watching television in early years tend to do better in school, have a healthier diet, be more physically active, and be better able to engage in schoolwork in later elementary school.
- Limiting exposure to television during the first 4 years of life may decrease children's interest in it in later years.

Adapted from Campaign for a Commercial-Free Childhood

Try some of these "unplugged" activities instead of watching TV.

- Take a walk
- Ride a bike
- Go on a nature hike
- Put together a jigsaw puzzle
- Go camping (even if it's just in the backyard)
- Go to a school sporting event
- Play a board game
- Read a book
- Play outside
- Turn on the music and dance
- Start a journal

Check these out!

- Center on Media and Child Health: www.cmch.tv
- Campaign for a Commercial-Free Childhood: www.commercialfreechildhood.org