

Why Reduce TV Time?

EARLY EXPOSURE TO TV IMPEDES CHILD DEVELOPMENT

- Screentime for children under 3 is linked to irregular sleep patterns & delayed language acquisition.
- Screentime for children under 2 prevents critical development in the parts of their brain that control creativity, cognitive learning patterns, constructive problem solving, and imaginative play.
- Even when babies & toddlers watch TV with their parents, studies show their parents speak to them less & spend less time interacting with them, the key methods of development for the majority of early childhood.

TOO MUCH TV IS HARMFUL TO YOUR CHILD'S HEALTH

- On average, preschoolers in America spend 32 hours watching TV per week, and this sedentary time makes them more likely to be overweight, sleep poorly, and become depressed more easily.
- Children who watch TV often snack on high calorie & high fat foods while watching TV, and they eat larger portions of food than normal meal portions when eating while dining in front of the TV.
- Childhood Obesity, which is more likely statistically the more TV you watch, leads to health issues like diabetes, heart problems, & respiratory complications, as well as the likelihood of being bullied.

EXCESS TV-VIEWING STRAINS FAMILY RELATIONSHIPS

- Television viewing at a young age is associated with later behavioral problems unless heavy viewing is discontinued by age 6.
- High exposure to TV viewing in the home has been associated with increased early childhood aggression according to studies published in *Pediatric & Adolescent Medicine* magazine.
- The more screentime preschoolers are granted, the less time they spend with their parents as they age. The average adolescent 8 to 18 spends 6+ hrs. a day on screentime & less than 1/2 an hr. with family sans media.



The American Academy of
Pediatrics Says:

- **Children 2 & under should not watch TV at all**
- **Older children should be kept to less than 2 hrs. of daily screentime**



What To Do Instead?

OUTDOOR ACTIVITIES

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| WALK TO LIBRARY & CHECK OUT A BOOK | FLY A KITE OR PLAY FRISBEE | PET BABY GOATS AT HIGH SCHOOL FARM |
| RIDE BIKES TO THE PARK | CHASE BUBBLES | GO ON A SCAVENGER HUNT |
| WATCH THE SUN SET BEHIND SIERRAS FROM HIGH IN THE WHITES | START A BUG COLLECTION | PICK VEGGIES IN THE GARDEN |
| MAKE A TREE FORT | PLANT SUNFLOWERS | WADE IN A CREEK |
| GO FOR A SWIM AT MILLPOND | PICK & PRESS FLOWERS OR LEAVES | GO FOR A BOAT RIDE ON SABRINA OR SOUTH LAKE |
| HIKE TO LONG LAKE | RACE YOUR DAD TO THE EDGE OF THE LAWN | EXPLORE CHALK BLUFFS |
| CLIMB SOME BOULDERS IN BUTTERMILK | BUILD AN OBSTACLE COURSE | PICNIC BY A WATERFALL |
| CAMP OUT IN YOUR BACKYARD | PLAY CATCH OR DUCK, DUCK GOOSE | PICK APPLES OR PEARS |
| CATCH A FISH IN BISHOP CREEK | JUMP ON A TRAMPOLINE | VISIT LAWS & CLIMB ON THE TRAIN |

INDOOR ACTIVITIES

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| READ A BOOK | DECORATE A CARDBOARD BOX CAR, CASTLE, OR PLAYHOUSE | PLAY POSTMAN BY DELIVERING MAIL TO DIFFERENT ROOMS IN YOUR HOME |
| PLAY A FAMILY GAME | HELP PREPARE A MEAL OR TREAT | PLAY DRESS UP |
| TELL STORIES BY FIRE OR CANDLELIGHT | CREATE AN IMAGINARY PET | SET UP A STUFFED ANIMAL SCHOOL & TEACH THEM TO RECOGNIZE SHAPES |
| HUNT THROUGH HOME FOR HIDDEN TOY | FINGER PAINT | COUNT COMMON HOUSEHOLD ITEMS: SOCKS IN THE LAUNDRY, FRUIT IN A BOWL, TOYS IN A CHEST ETC. |
| ACT OUT A STORY OR PLAY CHARADES | MAKE A PLAYDOH MASTERPIECE | MAKE A CHART ILLUSTRATING THE ITEMS YOU COUNTED! |
| CONSTRUCT A FORT OF PILLOWS & BLANKETS | HAVE A LAUNDRY RELAY RACE | PUT ON A TALENT SHOW FOR YOUR FAMILY |
| TURN ON MUSIC & DANCE | MAKE A GIFT FOR A GRANDPARENT OR FRIEND | |
| PLAY INFLATABLE BEACH BALL VOLLEYBALL | SING TO YOUR FAVORITE CD | |
| PRETEND TO BE AN ANIMAL | | |



Come out and join First 5 families Thursday evenings in September from 6 to 7 PM for an hour of Family Fun! We will be hosting a bounce night, a walk on the canal, a craft night, and a family sing-along so stay tuned to the website, or join our listserv for event details! www.inyocounty.us/first5