

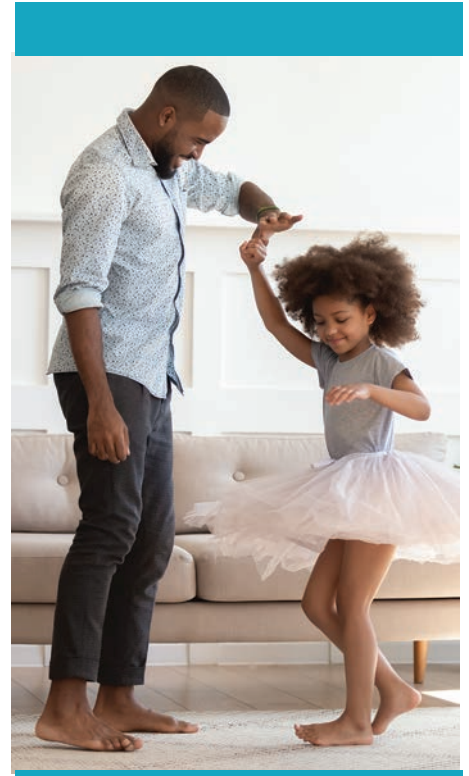
Dear Family,

This week your child learned why being active and limiting screen time (TV, computer and mobile devices) is important to good health.

Family Tips

Make playtime family time. Dance to some peppy music with your child. Give your child colorful streamers or scarves to wave while they dance.

They learn from watching you. Turn off the TV and do something active with your child instead.



Play Actively Every Day

Be active. It's good for everyone.

Make family time active time. Have fun playing and making memories together.

Watching TV won't make children healthy. Being active and having fun will. Time spent watching TV, playing on computers or using other mobile devices reduces the amount of time children could be playing and doing other fun activities.

Instead of screen time, act out a story. Read a book or tell a story to your child and have them act it out.



Eat Well Play Hard in Child Care Settings



Department
of Health

Child and
Adult Care
Food Program

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider and employer. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-855-777-8590.