

## Reduce Screen Time and Get Active!

Did you know on average, preschool children spend over four and a half hours a day in front of a screen? Excessive screen time is linked to a number of problems for children, including childhood obesity, poor school performance, and problems with behavior.

The American Academy of Pediatrics recommends that screen time for kids should be limited to one or two hours a day and no screen time for children under the age of two. Here are a few tips to reduce children's time in front of the screen:

1. **Keep TV's out of your child's bedroom.** Children who have TVs in their room tend to spend 1 ½ hours more in a typical day watching TV than kids without a set in their room.
2. **Make meal time, family time.** Turn off the TV, cell phones, and video games and talk to each other during family meal time.
3. **Provide other options and alternatives.** Watching TV can become a habit, making it easy to forget what else there is to do. Give children ideas and alternatives, like playing outside, learning a new hobby or sport or doing puzzles or board games. Make a list of all the fun activities that you and your child can do that doesn't involve a screen.
4. **Set a good example.** Be a good role model and limit your screen time. Instead of watching TV or checking email on your phone, spend time with your family doing something fun and active.



### Super-Duper Easy Hummus

- 1 (15 ounce) can garbanzo beans
- 1 clove garlic, crushed
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 tablespoon olive oil

1. Drain and rinse garbanzo beans. In a food processor or blender combine garbanzo beans, garlic, cumin, salt and olive oil.
2. Blend on low speed, until a smooth dipping consistency is reached. Add a tablespoon or two of water if a thinner consistency is desired.
3. Serve with a variety of fresh vegetables or whole grain pita chips.

**Sources:** National Heart, Lung and Blood Institute:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Let's Move Campaign: <http://www.letsmove.gov/reduce-screen-time-and-get-active>

Questions?? - Contact author Cami Wells, MS, RD at [cwells2@unl.edu](mailto:cwells2@unl.edu). For more information check out the Food Fun for Young Children website at: <http://go.unl.edu/chi> or on Pinterest at:

<http://pinterest.com/cwellsrd/food-fun-for-young-kids>

