



Reduce Screen Time and Get Active!

Screen time is any time spent watching television and videos, playing video, computer or tablet games, and surfing the Internet. With more electronic entertainment options than ever before, it is harder to get children up and moving. Excessive screen time is linked to several problems for children such as childhood obesity, sleep problems, poor school performance, and behavior issues.

The American Academy of Pediatrics recommends that screen time for children ages 2 to 5 should be limited to 1 hour a day of high quality programming. Here are a few tips to reduce children's time in front of the screen:

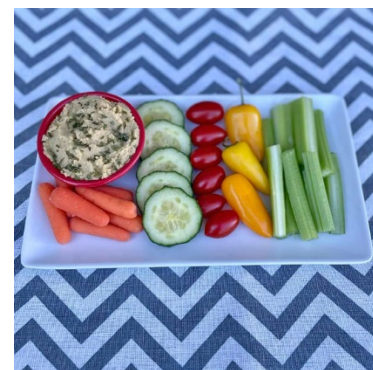


1. **Keep devices out of your child's bedroom.** Children who have TVs in their room tend to spend 1 ½ hours more in a typical day watching TV than kids without a set in their room.
2. **Make mealtime, family time.** Turn off the TV, cell phones, and video games and talk to each other during family mealtime.
3. **Provide other options and alternatives.** Watching a screen 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 does not 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
- 2 Tablespoons olive oil
- 1 Tablespoon lemon juice

1. Wash hands with soap and water.
2. Drain and rinse garbanzo beans. In a food processor or blender combine garbanzo beans, garlic, cumin, salt, olive oil and lemon juice. Blend until smooth. May add 2-4 Tablespoons of water to reach desired consistency.
3. Serve with fresh vegetables or pita chips.
4. Makes 6 servings. Each serving contains: 100 calories, 6g fat, 190mg sodium, 10g carbohydrate, 3g fiber, 3g protein.



Sources:

1. Help Children Reduce Screen Time, National Heart, Lung and Blood Institute: <https://bit.ly/2VvclZJ>
2. Kids & Tech: Tips for Parents in the Digital Age, American Academy of Pediatrics: <https://bit.ly/3jduDiQ>

Contact author Cami Wells, MS, RD at cwells2@unl.edu for questions. For more information check out the Food Fun for Young Children website at: <http://go.unl.edu/youngchildren>