

# 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

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

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		



Replace TV time with relationship building activities: plan something with a friend, spend time writing a thank you note or baking to share with a neighbor, or volunteer to help a great cause in your community!