







STAR kids should limit screen time to 2 hours or less a day.

Take Action!

-  Pay attention to how much time each day your child spends using screen media (other than for homework).
-  Use stickers to track on a calendar the days that your child limits screen time to 2 hours or less.
-  Think about cutting back on your own screen time. This will encourage your child to do the same. You are his/her role model!
-  With your child, make a list of fun things to do instead of watching TV or doing other screen activities.

What is *screen time*?

Screen time is time spent watching TV, DVDs, videos and movies, or playing games on a TV, computer, or handheld device. It does not include time doing homework on a computer.

Watch less and play more!

Kids need at least 1 hour of physical activity every day.

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Why is limiting screen time so important?

- ★ Kids need time for physical activity, sleep, schoolwork, family, and friends. Screen time should be enjoyed, but limited in use.
- ★ Parents need to know what their kids are watching, and what games they are playing. Seeing smoking, drinking, and violence in the media can be harmful to kids at this age.
- ★ Many ads are for junk food and fast food and make it harder for us to think about making healthy food choices. Use DVDs or TiVo® to avoid ads and cut down on program time.



In general, kids who spend less time using screen media...

Do better
in school

Weigh
less

See less
violence



Sleep
better

Eat
healthier
foods

Read
more

How can I help my child limit screen time?

- ✦ Keep mealtimes screen-free (TVs and computers turned off). Use the time to focus on each other and enjoy your food.
- ✦ No “surfing.” Have your child plan out his/her 2 hours or less of screen time each day. When the show or the game time is over, the TV or computer is turned off.
- ✦ Watching TV and using computers is easy to do when you can't think what else to do, so make a list of other things to do and have it ready for when your child seems bored or has already spent 2 hours on screen time .
- ✦ Keep TVs and computers out of bedrooms. Kids who have them in their bedrooms tend to watch much more TV and have more sleep problems.

✦ *Make an activity jar of things to do instead of watching TV or doing other screen activities.*

- With your child, make a list of fun things to do with the TV and computer off. Cut each one out, fold it in half, and put them all in a jar. Let your child decorate the jar. When it's done, pull a piece of paper out to start the fun!
- Some ideas to get you started might be coloring, reading, doing puzzles, playing catch, making a collage, turning on music and dancing, or learning to juggle!



Have questions or concerns about children and media use?

Check out: www.cmch.tv

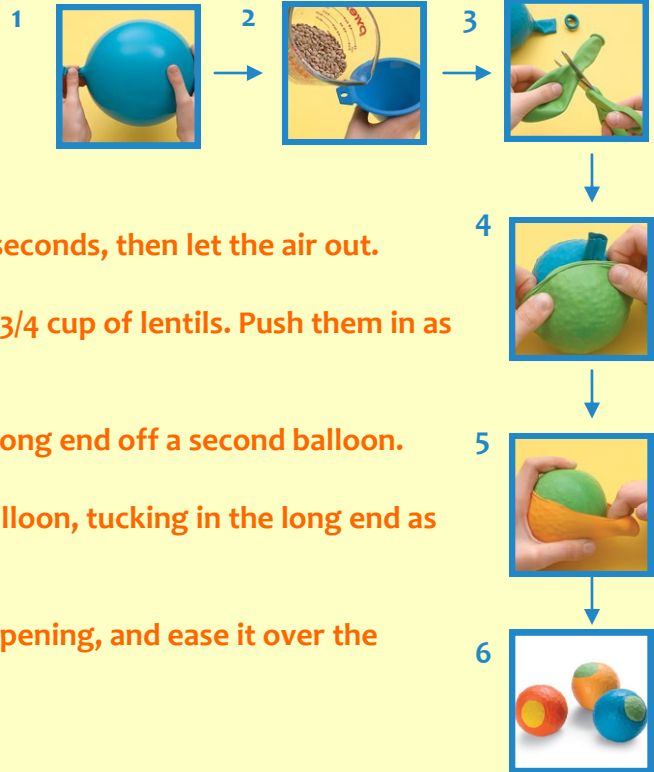


The Center on Media and Child Health is a great website to help you understand the effects (both good and bad) of media on children. The site is run by Dr. Michael Rich, a pediatrician at Children's Hospital and former Hollywood filmmaker. Read parent questions and answers about media and kids' health, and ask your own questions!

Make Your Own Beanbag Balls

What you need:

- 9 balloons (11 inch) to make 3 balls
- Funnel (can make one out of paper)
- 2 1/4 cups dried lentils or other small beans
- Scissors



1. Blow up one balloon halfway, hold it closed for 30 seconds, then let the air out.
2. Put the funnel tip in the balloon and slowly pour in 3/4 cup of lentils. Push them in as you go. The balloon should be firm but squeezable.
3. Cut off the balloon's thick end piece. Then cut the long end off a second balloon.
4. Slowly stretch the second balloon over the filled balloon, tucking in the long end as you go.
5. Cut the long end off the third balloon, stretch the opening, and ease it over the other two.
6. Repeat this process to make a set of three balls.

**Moving? Please let us know your new address and phone number.
Call toll-free 1-866-874-0857, or email STAR@hphc.org**

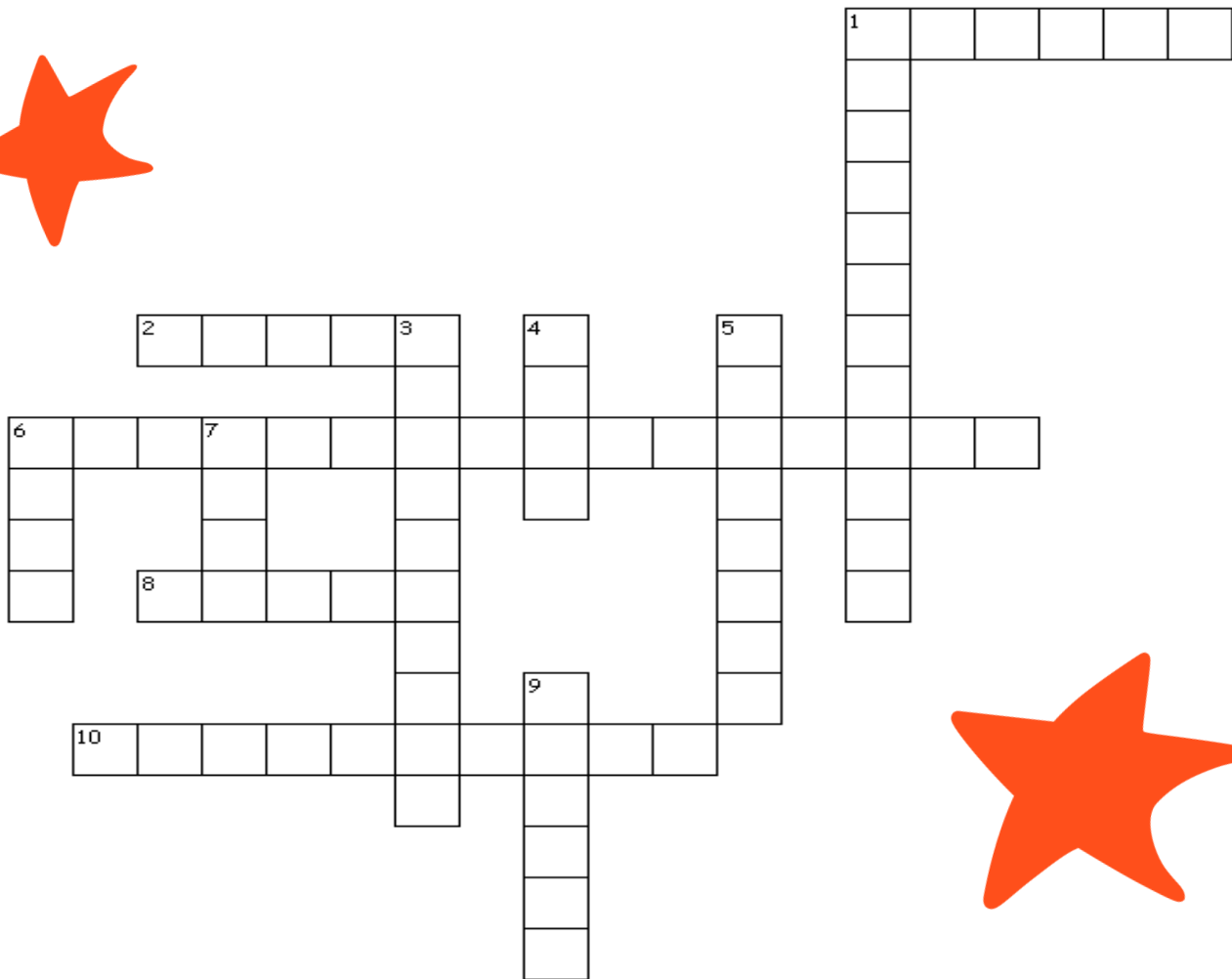


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Return Service Requested



CROSSWORD PUZZLE



Across

1. A physical activity where you kick a ball.
2. Get at least 10 hours of ____ per night.
6. Get 1 hour of moderate to vigorous ____ per day.
8. A healthy drink.
10. Keep TV and other ____ to less than 2 hours per day!

Down

1. Drink 0 ____ per day.
3. A fun place to swing, climb, slide, jump, and play.
4. The name of the study you are in.
5. A physical activity that you do in the water.
6. Get outside and ____!
7. An unhealthy sugary drink.
9. You lay your head on a ____ at night.