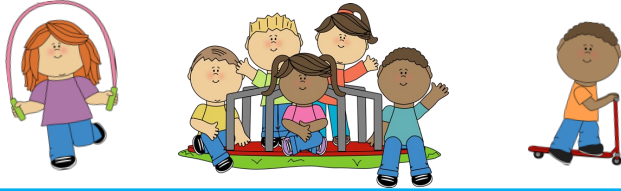


## Beyond the TV: Reducing Screen Time



### Why is Limiting Screen Time Important in Early Care and Education Program?

Health and safety experts in child care recommend that providers limit screen time to no more than 30 minutes per week. Here are some tips to reduce screen time:



**Invite parents** to ask questions and share ideas on how they limit screen time at home.

**Establish a screen time reduction policy** and determine a system for tracking screen time weekly to adhere to your policy.

**Challenge families** to unplug for a screen-free week.

**Encourage outdoor, free play as often as possible**—it helps develop strong, healthy bodies.



**Be a positive role model**— Kids learn screen-time habits from parents and caregivers.

Children who spend less time watching television in early years tend to do better in school, have a healthier diet, be more physically active, and be better able to engage in schoolwork in later elementary school.

### Physical Activities

#### Builders and Bulldozers:

Children love to build and demolish so why not bring that idea outside with this fun activity:

#### Instructions:

Toddler/Preschool age children love to play this game and forget that they are developing their fundamental movement skills! For this game you will need a large playing space, either indoors or outdoors, and 15-20 cones. Randomly distribute the cones in the play space. Divide the children into two groups, assign group A to be the builders and group B to be the bulldozers. Explain and demonstrate to the children what builders and bulldozers do. Begin by having children only use their hands and then extend the game to using only their feet. Alternate roles as children begin to get comfortable with the game. Vary the game by changing the locomotor movements. (running, skipping, walking, crawling, crab walking).



### May is American Stroke Month

Stroke is a disease that affects the arteries leading to and within the brain. It is the No. 5 cause of death and a leading cause of disability in the United States. Stroke is largely treatable and most strokes are preventable. The faster you are treated, the more likely you are to recover. Learning how to spot a stroke is just as important as teaching your family CPR or what to do in the event of a fire.



To learn more or to get involved, visit [strokeassociation.org](http://strokeassociation.org).

### Heart Healthy Recipe of the Month:

#### Strawberry Yogurt Parfait

#### Ingredients:

2 cups strawberry Greek yogurt  
 4 cups mixed berries  
 1/2 cup granola, optional



#### Directions:

Let each child build their own parfait!  
 Starting with the yogurt, layer yogurt and fruit until you reach the top of your cup. Add a tablespoon of granola on top for a little crunch if desired.

#### Snack Crediting:

8 Servings for ages 1-5  
 1 protein and 1 fruit

Source: CACFP.org

### Staff Wellness

Provider Appreciation Day is May 11th! Thank you for all that you do for the children in your care. This month, show your appreciation for your body by fueling it with nourishing foods.



**Slow down on the sodium:** Too much sodium increases the risk of heart disease, stroke and other health problems, but this excess isn't just from salting at the table. Americans get most of their sodium from processed foods. If you choose these foods, compare the labels and look for lower-sodium versions.

**Pile on fruits and vegetables:** Choose all kinds of fruits and vegetables – fresh, frozen, canned, juiced and dried. Fruits and vegetables contain vitamins, minerals and other nutrients.

**Get the skinny on fats:** Learn how to substitute good fats for bad fats. For example, try canola oil or olive oil instead of butter. Choose lean meats, poultry without skin and fish instead of fattier cuts of meats. Enjoy heart-healthy fats in moderation.