

What We Learned Today

Choose to Move

In a world full of ever-changing technology, limiting screen time and choosing active play can be a challenge. During today's ChildcareAlive! activity, your child learned why it's important to turn off the TV, video game, or phone and be active instead.



Did You Know....

- By the time you are 65, you will have seen about 2 million ads on TV.
- By the time your child is 18, he/she will have seen more than 200,000 violent acts on TV.
- Children who watch more than 10 hours per week of TV are less likely to do well in school.

What is Screen Time?

Screen time is any time spent in front of a screen. For example, watching television, using the computer, and playing video games.

Excessive screen time can affect your child's health in a number of ways, including:

- Lack of physical activity
- Develop unhealthy eating habits (typically snack on unhealthy foods)
- Poor performance in school
- Exposed to a large amount of advertising on TV
- Greater exposure to violence, sex, and adult language



What Can You Do?

Just because *excessive* screen time can be harmful doesn't mean you have to get rid of all of your TVs and smart phones. Just like with unhealthy foods, we need screen time to be monitored and used in moderation, occasionally replacing it with healthier activities, like going for a walk.



Here are some ideas for monitoring and decreasing screen time for your family:

- Turn off the TV and encourage your child to go out and play or turn on music and dance.
- Read a book with your child, or encourage him/her to read, color, or draw.
- Move TVs to a central location where you can easily see what is being watched.
- Help your child watch programs or play games that are safe and educational.
- Watch the TV with your child and talk about what they watch.

Instead of Watching TV...

Instead of watching TV, plan fun activities to do with your child. Help your child put a sticker (or draw a smiley face ☺) in the top box when they choose a fun activity instead of TV. Have your child draw a picture in the lower box of the activity chosen.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Slow Cooker Recipes

Cooking meals in a slow cooker may free up some time for your family to have active play together.

Taco Soup

Ingredients:

- 1 lb lean ground beef
- 1 onion, chopped
- 1 (16 oz) can chili beans, with liquid
- 1 (16 oz) can kidney beans, with liquid
- 1 (16 oz) can whole-kernel corn, with liquid
- 1 (8 oz) can tomato sauce
- 2 cups water
- 2 (14.5 oz) cans diced tomatoes (low sodium)
- 1 (4 oz) can diced green chili peppers
- 1 package taco seasoning mix



Directions:

In a medium skillet, cook the ground beef over medium heat until browned. Drain. Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chili peppers and taco seasoning mix in a slow cooker. Mix to blend and cook on low for eight hours. Makes about 10 servings.

Source: NDSU Extension Service. "Now Serving: Slow Cooker Meals"
Available at: www.ag.ndsu.edu/publications/food-nutrition

Chicken Curry

Ingredients:

- 2 ¾ lb boneless, skinless chicken breasts
- 1 (16 oz) jar mild salsa
- 1 medium onion, chopped
- 2 Tbsp curry powder
- 1 cup fat-free sour cream



Directions:

Place chicken in slow cooker. Combine salsa, onions, and curry powder and pour over chicken. Cover with lid. Cook on low for eight to ten hours (or high for five hours). Remove chicken to serving platter. Add sour cream to salsa mixture in slow cooker to make sauce. Blend and pour over chicken. Serve with brown rice or steamed broccoli.

Source: NDSU Extension Service. "Now Serving: Slow Cooker Meals"
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