



Helping Hands for Families - Spring

Screen Time and Children



How does too much screen time affect children?

Too much screen time has negative impacts on preschool children's health and wellbeing.

- Television viewing among 3- to 5-year-old children is linked to being overweight and obese.

- Children who spend more time watching screens interact less with their families, which means they have fewer opportunities to develop creativity, problem solving, reading, and learning skills.



How can screen time help and not harm your children?

Make screen time social! Use digital screen devices (smartphones, tablets, computers) as a time for children to interact with parents, siblings, other relatives, and friends.

- Children over 3 years old can benefit from carefully monitored screen time experiences that share high quality information.
- Active, hands-on, and engaging activities while using technology are usually the most effective. Read an e-book together with your child on a tablet; paint, color, or draw pictures together using safe, child-friendly web sites. Dance to YouTube videos; play video games that demand jumping, hopping, stretching, and other movement.

Limiting screen time now has lasting benefits for later.

Turn off the TV and digital devices more often. Keep them out of children's bedrooms.

- Children who have less screen time at a young age tend to do better in school, engage more fully in their classroom activities, eat healthier, and be more physically active.

Balance screen time with screen-free activities.

- At home: paint, color, or draw pictures; read a book together; make muffins, cookies, or bread; do a craft project; sing songs together, play balloon volleyball
- Outside: go on a picnic, jump rope or yard games, play in the leaves or snow, dig in the dirt and plant some seeds.
- In the neighborhood: help a neighbor, take a walk, play at the park.



Photograph by Paula Cartwright

Marquette County
Family Connections
Coalition

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Marquette Early Learning
Center & Head Start
608-296-2141 x 2217

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UW-Extension
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Family Health WIC
1-920-787-5514

Marquette County
Human Services
608-297-3124

Childcaring, Inc.
1-800-628-8534

Marquette County
Economic Support
608-297-3124

Work Smart Employment
& Training Services
608-355-4808

Westfield School District
Family/School Liaison
& Guidance Program
608-296-2141

Montello School District
608-297-7617



**MARQUETTE
COUNTY
FAMILY
ADVENTURE
DAY!**

**April 25, 2020
Montello High School
10am—1pm**

8 SUPER FUN Indoor Activities

(even if you don't have much space)

Preschoolers need at least **180 minutes** of physical activity each day. Check out these super fun indoor activities compiled by Angela Serednicki with help from real-life parents of preschoolers! Thank you!!

1) Freeze Dance

Shaking it off to a few favorite jams is a surefire way to get your kids off the couch. To brush up on listening skills, try freeze dance. The rules are simple: dance when the music plays and when the music stops, everyone freezes.

2) Learn Some Moves

Thanks to helpful how-tos on YouTube, you can learn how to bust a move! Learn how to **nae-nae** or even try to teach your preschooler how to do the moon walk. The opportunities really are endless! Also check out **GoNoodle.com** for tons of free physical activities to music that you can do in a small space!

3) Balloon Volleyball

Make a net by tying a piece of yarn from one chair to another. Then blow up a balloon and start practicing those serving skills! Change things up a bit by kicking or head-bumping the balloon.

4) Bookworm Workout

Story time doesn't have to be just a bedtime ritual. Pick a book that has a word that's often repeated. For example, choose the word "hat" if you're reading *The Cat in the Hat*. Every time the word comes up in the story, get your kid to do a jumping jack.

5) Hallway Soccer

You don't need a backyard to play a game of soccer. Start by setting up a net on opposite ends of the hallway by placing some masking tape on the floor. After dividing into teams, grab a small plastic ball and let the fun begin. Be sure to remove items from the hallway first!

6) Crab Carry

When bad weather has you dreaming of sunnier times on the **beach**, play crab carry. Teach your little one how to walk like a crab by placing their palms and feet to the floor while raising their stomach up to face the sky. Staying in that pose, let them see how long they can balance something like a bean bag on their belly. Crab races are also another fun option.

7) Hula Hoop

As long as you make sure that you're not too close to furniture or breakables, hula-hooping is a great **indoor** activity that helps strengthen your child's core muscles. If you're looking to switch things up a bit, try hula-hooping while walking backward, or spin the hoop around your ankle or arm.

8) Set Up A Maze

Turn the hall into a "laser" maze with yarn. Zig-zag yarn from varying heights and challenge your kids to get across without touching the laser. (from *Jolene Vanthuyne, Saskatoon*)

Adapted from an online article <https://www.todayparent.com/family/activities/family-fall-activities/> by Angela Serednicki, 1-5-17



Frozen Pudding Sandwiches

Ingredients:

- 2 cups nonfat milk
- 1 package (1-1.5 ounces) fat free, sugar free pudding mix; chocolate or vanilla
- 1 cup creamy peanut butter
- 50 graham crackers (25 full sheets broken in half)

1. Stir milk, pudding mix, and peanut butter together in bowl with a whisk or fork until smooth and thick.
2. Use a tablespoon to spoon pudding mixture onto 25 of the graham cracker squares. Top with the rest of the 25 graham cracker squares to make sandwiches.
3. Place sandwiches on a baking sheet and put in the freezer. Freeze until firm (about 3 hours). Put sandwiches in a freezer bag or airtight container and store in the freezer.



Iowa State University Extension and Outreach
