



FAMILY MEALS AND SCREEN TIME

Screen times is the amount of time spent watching television, DVDs, and videos, and/or playing computer and video games. The American Academy of Pediatrics (2001) recommends that children younger than two have no screen time and children older than five have two hours or less. Family meals are an important time for connecting with your children free from TV and other interruptions. Research shows that families that eat together have children that eat healthier and do better in school. For further information, please contact Whitney Webber, Chronic Disease Prevention Program Specialist, at (360) 240-5554 ext. 30 or whitneyw@co.island.wa.us.

FAMILY MEALS

[Eat. Talk. Connect! Challenge](#)

Encourages families to eat at least three meals together each week for three months—without the distraction of T.V.

[Family Day - A Day to Eat Dinner with Your Children™](#)

A national movement to inform parents that the parental engagement fostered during frequent family dinners is an effective tool to help keep America's kids substance free. *Family Day* reminds parents that dinner makes a difference. *Family Day* 2009 will be celebrated nationwide on **Monday, September 28th**.

[Food and Fun for Families](#)

An online gallery of State-developed, easy to access, printable materials from the Fit WIC obesity prevention initiative. Resources promote family meals, active play, and fruit, vegetable and water consumption.

[The Power of Family Meals](#)

Offers thousands of recipes, along with complete meal ideas, pantry planning and grocery list tools to make mealtime planning easier for you. And the mealtime tips, conversation starters and Miriam Weinstein thoughts will give you inspiration to make it fun for your family.

SCREEN TIME

[Active Body Active Minds](#)

Project started to ensure that environments for children ages 2-5 encourage minimum screen time and maximize physical activity.

[Center for SCREEN-TIME Awareness](#)

Provides information so people can live healthier lives in functional families in vibrant communities by taking control of the electronic media in their lives, not allowing it to control them.

[Do More, Watch Less!](#)

Step-by-step instructions and handouts that guide tweens (ages 10-14) through hands-on activities, including: tracking the time they typically spend in front of a screen; embarking on a challenge to go screen-free for up to a week; setting a goal to engage in no more than 2 hours of screen-based activities per day; celebrating their efforts to reduce their screen-time.

Resources from Seattle Children's Hospital:

Early Television Exposure and Subsequent Attentional Problems in Children ([Study](#) and [Press Release](#))

[Healthy Habits for TV, Video Games, and the Internet](#)

[How TV Affects Your Child](#)

[TV, Computers and the Internet: Take Charge of Screen Time](#)

[Indoor Activity Kit](#)

[We Can! – Ways to Enhance Children's Activity & Nutrition](#)

A national program designed for families and communities to help children maintain a healthy weight with focuses on *three* important behaviors: *improved* food choices, *increased* physical activity and *reduced* screen time.