

95210 Health Initiative: For April, our initiative was to be “limit screen time to 2 hours a day” BUT with e-Learning, that is an unrealistic goal. However, you can modify this initiative accordingly and put it into practice by making adjustments that work towards achieving the same goal

Research by the American Academy of Pediatrics links higher volumes of screen time to higher rates of obesity. Since our children are expected to participate in about 4.5 hours of learning each day. It is highly recommended that your child disconnects from the screen whether it is the TV, internet or any device right after e-learning as a way to rest the eyes, brain, body and to refresh. A change of activity from screen time (even if it is indoors or outside on the porch) is best advice to help combat the following health concerns noted below

Too much screen time has been linked to:

- *Excess weight*
- *Irregular sleep*
- *Behavioral problems*
- *Impaired academic performance, problems focusing*
- *Violence, substance abuse*
- *Poor body image and dieting*
- *Less time for play*

Some Tips for Limiting Screen Time After e-Learning is over:

- Be a role model by limiting your own screen time- Actively playing with your children benefits everyone, a family walk in the neighborhood after e-learning could be added to your schedule
- Don’t eat meals or snacks while watching TV or using the computer. This is a hard one but we can take advantage of this time of “stay -at -home-order” to re-establish family meal times together which will help strengthen the family bond as well as help everyone re-build their healthy eating habits
- ***Make screen time a privilege to be earned, rather than a “right.”***
- Monitor what your children are watching: most programs/movies should be informational, refreshing with positive and enriching messages, and nonviolent
- If you’re going to watch TV or play computer games, break it up! Pause the game or movie and take breaks such as: Jumping jacks or dancing, Going up and down the stairs, Sit-ups and Stretching, Jogging in place, Push-up challenges amongst siblings/parents, Active house chores
- Suggest alternative activities such as board games, hobbies, or listening to an audio book
- Encourage your child to keep a screen time log

******Parents, keep up the great work, don’t forget to breathe ☺!**

Remember this verse as you breathe: (Philippians 4:13), “I can do all things through Christ who strengthens me”. Happy Easter!!!!