

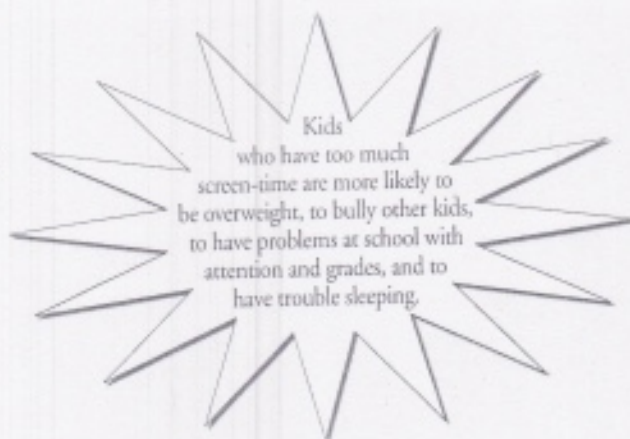
# CATCH Kids Club Family Tip Sheet: SCREEN-TIME



Watching DVDs and TV shows, texting, emailing, surfing the Internet, playing video games, computer games, and handheld games. . . . The number of activities you can do in front of an electronic screen seems to increase every year. So does the amount of time you spend doing them.

Unfortunately, usually during “screen-time” you’re not moving. So too much screen-time can end up making your body get out of energy balance\*. This is even more likely to happen if you eat while in front of a screen.

\*Your body is in energy balance when it burns about the same number of calories you eat.



## SCREEN-TIME: Your Family's Numbers

The *average amount* of daily screen-time of American kids and teens is 7 hours. The *recommended amount* is 2 hours a day. (For preschool kids: less than 1 hour. For children 2 years or younger: no screen-time.)

Is the screen-time of the kids in your family closer to the average amount or the recommended amount?

Help your kids calculate the average number of hours they spend daily in front of any kind of electronic screen. Write down their names and the number of hours.

_____	_____	_____
_____	_____	_____

**For anyone whose screen-time is above the recommended amount:** Set a goal to reduce your screen-time—even if it’s only by an hour a day.

**For everyone:** It’s easy to overeat in front of a screen. That’s because you’re concentrating on what is on the screen. So, no matter what your amount of screen-time is, set a goal not to eat when you’re in front of a screen.

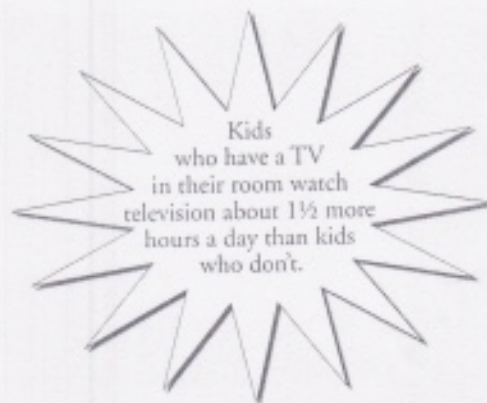
## WHY REDUCE SCREEN-TIME?

As a family, name at least 10 reasons to reduce screen-time. Here are some reasons to get you started:

- ❖ After a while, you don't feel like getting up and moving.
- ❖ You miss out on playing with friends and family members.
- ❖ You argue or get into fights like people on TV do.
- ❖ You want to buy the junk food or toys you see on TV.

## TWO WAYS TO REDUCE SCREEN-TIME

1. Make a list of the TV shows you watch each night. Decide which ones are your favorites and which ones aren't as important to you. Don't watch at least one of the unimportant shows.
2. If you play a handheld game, video game, or a game on a computer or the Internet, play it for one fourth less time. (An adult can help kids figure out how much less time this is.)



## WHAT TO DO INSTEAD OF SCREEN-TIME

If your family members reduce their screen-time, they'll have more time to do other things. As a family, on a separate sheet of paper write down at least 10 things you can do instead of screen-time.

Remember that doing physical activity is an important part of keeping your body in energy balance. So make some of the things you name involve movement.

## CATCH Kids Club Family Tip Sheet: SNACK FOODS

Some people think snacking isn't healthy. Actually, snacks are a normal part of people's eating habits. And most kids need to eat them.

So snacking isn't unhealthy. But a lot of popular snack foods *are*.

As a family, name several popular snack foods. Are most of them healthy, or not so healthy? Many of the foods you named are probably processed foods. Processed foods contribute a lot of calories, added sugars, salt (sodium), and/or unhealthy solid fats (such as saturated fat) . . . and they don't contribute things like vitamins and minerals.

Many snack foods—including packaged desserts—contain the unhealthiest type of fat: **trans fat** (a solid fat). Eating too many *trans* fats can cause health problems.

To find out if a *trans* fat is in a food, look for "trans fat" in the Nutrition Facts on the package. Also read the list of ingredients to see if the food contains "hydrogenated" or "partially hydrogenated" fats or oils. These are *trans* fats.

People who consume too many calories from unhealthy snack foods are less likely to stay in energy balance and more likely to gain weight. (Your body is in energy balance when it burns about the same number of calories you eat.)

### AD TECHNIQUES

Unhealthy snack foods are advertised a lot on TV, the Internet, and in magazines. Food companies want us to buy these snack foods without thinking about what the foods are really like. The companies use tricks—called ad techniques—to do this.

As a family, read each description of the ad techniques below. Then write down at least one food commercial that uses it.

**Appeal to Health:** Tries to persuade you that the product is good for your health or will make you happier. \_\_\_\_\_

**Bandwagon:** Tries to persuade you to buy the product because everybody else is buying it—and if you don't want to be left out you should "join the crowd" and buy it too. \_\_\_\_\_

**Testimonial:** Uses famous people to tell about how wonderful they think the product is and why you should try it. \_\_\_\_\_

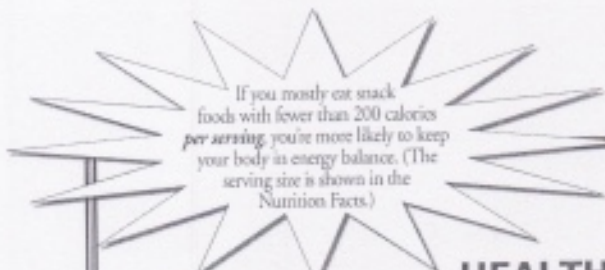
**Exaggeration:** Uses many descriptive words that exaggerate the quality of the product, making you think you just *have* to try it. \_\_\_\_\_

**Family Tip Sheet: Snack Foods**

**Instructions to the family:**

At home or in a grocery store, check out the snack foods you eat.

1. Read the Nutrition Facts on packages to find out the amounts of sodium, sugars, *trans* fat, and saturated fat (another unhealthy solid fat).
2. Look for "hydrogenated" or "partially hydrogenated" fats or oils in the ingredients list.
3. Rank the snack foods from healthiest to least healthy.



If you mostly eat snack foods with fewer than 200 calories *per serving*, you're more likely to keep your body in energy balance. (The serving size is shown in the Nutrition Facts.)

**HEALTHY SNACK IDEAS**

- ❖ Fresh fruit
- ❖ Frozen fruit chunks, such as pineapple, peaches, grapes, bananas, and strawberries
- ❖ Raw vegetables and a small amount of dip made with a vegetable oil or low-fat sour cream
- ❖ Mini-meal snack (A mini-meal is a smaller amount of a regular meal.)
- ❖ Crunchy snacks: air-popped popcorn (with no salt added), graham crackers, baby carrots, baked potato chips, low-salt pretzels
- ❖ Snack mix of pumpkin seeds, sunflower seeds, and raisins or other dried fruit
- ❖ Baked tortilla chips and picante sauce (salsa)
- ❖ Low-fat string cheese on low-fat whole-grain crackers
- ❖ Whole-grain bagel spread with low-fat cream cheese
- ❖ Natural peanut butter on whole-wheat bread, with non-fat or 1% milk
- ❖ Low-salt pinto beans, natural cheese, and tomato in a corn tortilla

**Instructions to the family:**

On the lines below, each person should write their initials and a healthy snack they're going to eat in the next few days. (Get ideas from the GO-SLOW-WHOA List attached to THE BASIC CATCH MESSAGES tip sheet.)

_____	_____	_____
_____	_____	_____

## Alternatives to Screen-Time

### With Other People

1. Take turns doing an "add-on" list of activities. See how many actions the other person can remember and then do. (For example: 5 jumping jacks, 4 sit-ups, and 20 hops)
2. Draw a track with chalk on a sidewalk or empty driveway. Then race toy cars or trucks on the track.
3. Draw a hopscotch board with chalk on a sidewalk or empty driveway and play hopscotch.
4. Prepare a healthy snack with a grown-up or an older brother or sister.
5. Play Charades with names of books, TV shows, movies, and song titles.
6. Play board games, or card games such as "Go Fish."
7. Make up an exercise routine to music.
8. Do GO activities.
9. Dance.

### By Yourself

1. Draw pictures on paper.
2. Draw pictures with chalk on a sidewalk or empty driveway.
3. Build a fort using things like pillows and sofa cushions. (Ask for a grown-up's permission first.)
4. Do an experiment to see which things float and which things don't in a sink filled with water. (After you've finished, be sure to clean up any water that has spilled!)
5. Try setting a personal record, such as jumping as far as you can, hopping on one foot for as long as you can, or jumping rope for as many times as you can.
6. If you have a pet, play with it, give it a bath, or take it for a walk.
7. Do GO activities.
8. Do something special for a grown-up you live with, such as clean a room or fold clothes.
9. Make up a song. Later, you can teach it to friends or family members.
10. Make a collage of pictures that you've cut out of magazines. (Ask for a grown-up's permission first.)
11. Create a piece of art using small pieces of color you've cut from magazine pictures. (Ask for a grown-up's permission first.)
12. Make a scrapbook of your friends or of your favorite sports teams or athletes.
13. Think of ways to arrange your room differently. (Ask for a grown-up's permission before you make any changes!)
14. Practice sports skills like dribbling a basketball or soccer ball.
15. Design a room, house, or park on grid paper.
16. Make a comic book.
17. Learn jokes; do a comedy routine for family or friends.
18. Practice telling a story well – changing your voice for different characters, etc. Give a dramatic presentation for younger kids.
19. Learn origami. (Use books from your school library or public library.)
20. Make up a secret code and send messages to friends or family members.
21. Learn how to juggle. Later, you can perform for friends or family members.

### Parents and Teens:

1. Set a screen time limit
  - a. "Activate Screen Time/ Digital Wellbeing"
  - b. Set screen time passcode (apple devices- and others?)
  - c. "Set time limits for apps"
    - i. Explain why you're limiting screen time
  - d. "Downtime" schedule time away from the screen
2. Download a productivity app that will reward you for putting your phone down (i.e., "Forest")
3. Delete useless games and apps on your phone
4. Disable non-emergency notifications and alerts (i.e., social media apps, group chats, etc.)
5. Take a social media break
6. Share your goal to cut back on screen time with those who are close to you
7. Try not to watch TV in bed

### Kids:

1. Enforce a "no phone zone" (i.e., at the dinner table, after a certain time at night/before bed, etc.)
2. Schedule time with your child to disconnect. Ask your child to plan a reasonable screen-free "family day" (i.e., family game night, a walk to his or her favorite park, etc.)
3. Identify the benefits (fun) of being in the moment (for example, say to your child: "I'm having a great time with you. It feels great to be present and doing this with you" or "You look like you're having so much fun and look, we haven't even used our phones!")
4. Model healthy electronic use
5. Encourage your child's screen-free interests/hobbies

\_\_\_\_\_ 's Screen-Time Log

	Example (minutes)									
<b>TV</b>										
Morning	10									
Afternoon	45									
Evening	60									
<b>Computer</b>										
Morning										
Afternoon	45									
Evening	90									
<b>Video/Handheld Games</b>										
Morning	20									
Afternoon	30									
Evening										

**TOTAL MINUTES** \_\_\_\_\_ 300 \_\_\_\_\_

**IN HOURS** \_\_\_\_\_ 5 \_\_\_\_\_  
 (divide the "Total Minutes" by 60)

