

# Healthy Media Diet

Limited Screen Time  
+  
Supervised Content  
=  
HEALTHY MEDIA DIET

## Get Active!

### Young Children

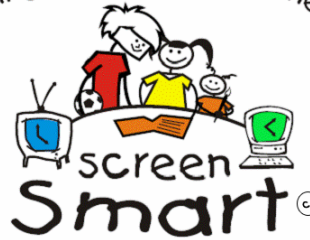
- StrongStart BC - Early Learning Centre (837-1273)
- Mother Goose - (837-6669)
- Okanagan Library "Story Time" - (837-5095)
- Child Care Society - Toy Lending Library (837-6669)
- Gym Kids - (837-6515)

### School-Age Children

- Girl Guides of Canada (Brownies, Guides)
- Just for Kicks Dance Studio - (250- 832-6245)
- Karate Shotokan
- Revelstoke Youth Soccer
- Scouts Canada - (837-5845)
- Revelstoke Acrobats - (837-0084)
- Figure Skating
- Teen Programs - Community Connections (837-2920)
- Revelstoke Aqua Ducks Swim Club
- Visual Arts Centre - (837-0261)
- Youth Bowling
- Boxing
- Minor Hockey
- Judo

For more phone information on Revelstoke Recreation Clubs call 837-9351, or visit [www.cityofrevelstoke.com](http://www.cityofrevelstoke.com)

Helping families manage media



Getting information, communicating with others, and being entertained has never been so easy. With the click of a button we bring the world into our homes, schools, cars, and work place. The media's influence on our lives today has never been so powerful, and raising children in a 'digital age' presents parents with both opportunity and challenges.

**SCREEN SMART** wants to help parents and children better understand how screen media - TV, computers and the internet - influences their lives, and suggest ways that families can manage media at home and at school.

**SCREEN SMART** is a community based public education initiative. Partners include School District 19, Interior Health Revelstoke Health Unit, Speech-Language Clinic (Revelstoke), Selkirk Medical Group, Columbia Basin Alliance for Literacy (Revelstoke), City of Revelstoke, Revelstoke Child Care Society, Okanagan Regional Library, Community Connections (Revelstoke) Society, Revelstoke Early Childhood Development Committee, Parks Canada, and RCMP (Revelstoke).

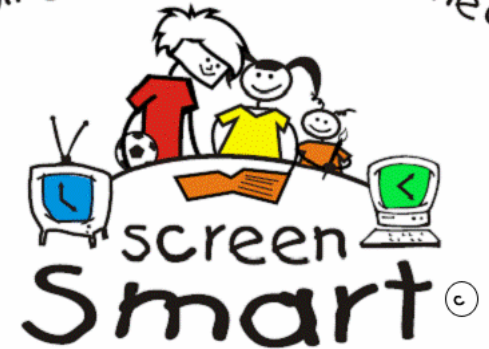


For more info on 'screens' and health issues, talk to your doctor, phone Revelstoke Health Unit (814-2244); or visit:

Caring for Kids:	<a href="http://www.caringforkids.cps.ca">www.caringforkids.cps.ca</a>
Media Awareness Network:	<a href="http://www.media-awareness.ca">www.media-awareness.ca</a>
Active Healthy Kids Canada:	<a href="http://www.activehealthykids.ca">www.activehealthykids.ca</a>
Screen Smart:	<a href="http://www.screensmart.ca">www.screensmart.ca</a>

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## Screens *and* Health



## Screen Time and your child's health.

# Mind

*A Child's brain develops according to how it is used, or not used!*

## RESEARCH

By graduation, the average teen will have spent more time watching screens than in the classroom, playing sports, or talking with their parents.

Too much screen time is linked to:

- ♥ Attention and Learning Problems
- ♥ Poor Problem Solving & Creativity
- ♥ Poor Language Development & Reading Skills
- ♥ Poor Social Skills

## SCREEN TIPS

- ✓ Limit screen time (TV, videos, computer games, and internet) to 1 - 2 hours per day. Educational shows are best. Avoid TV and videos for children under age 2 years.
- ✓ Choose real activities that encourage healthy brain growth such as talking, reading, playing board games, singing, and listening to music.
- ✓ Studies show that too much 'screen time' is linked to attention and learning problems, and reduces imagination and creativity. Choose shows that encourage imaginary play and role playing, and use ideas from the TV show to play with your child.
- ✓ Read with your child. Have books in the home. Visit the library often. Studies show the more children watch TV - the lower their reading scores and social skills.
- ✓ Be a good role model. Limit your own screen time, and let your children see you read.

# Body

*Children need adequate nutrition, exercise, and sleep for healthy development!*

## RESEARCH

Over 50% of Canadian children and youth (5-17), are not active enough for optimal growth and development. 1 in 4 children are overweight or obese.

Too much screen time is linked to:

- ♥ Obesity
- ♥ Type 2 Diabetes, Hypertension
- ♥ Poor Nutrition & Eating Disorders
- ♥ Sleeping Problems

## SCREEN TIPS

- ✓ Balance media use with other activities such as sports, hobbies, and active, creative play. Canadian children, spend twice as much time in front of a TV or computer screen than they spend being physically active. Obesity puts children at risk for Type 2 Diabetes, heart disease, and hypertension. Obesity in children increases the more hours they watch TV, and if a child has a TV in their bedroom.
- ✓ Many children eat while they watch. Encourage healthy eating. Discuss ways advertisers market food products to kids.
- ✓ Make sure your child gets enough sleep each night. TV viewing, or computer use before bed, and background TV is linked to sleep problems in children. Sleep deprivation is linked to learning problems, and doubles the risk of obesity in children and adults.
- ✓ 90% youth fail to meet the daily requirements of Canada's Physical Activity Guide. Get active together! Go for a walk, bike, ski, or swim.

# Behavior

*Imitation is thought to be the basis of language, learning, empathy, and culture.*

## RESEARCH

36% of children six and younger have a TV in their bedroom; compared to 68% of children ages 8-18. 53% children 8-18 years old have no rules about TV.

Unsupervised screen time exposes children to:

- ♥ Violence & Aggression, Hate sites
- ♥ Sexual Behaviour, Pornography
- ♥ Addictions: Drinking, Smoking, Drugs, Gaming
- ♥ Cyber-bullying, Exploitation & Abduction

## SCREEN TIPS

- ✓ Keep television, Internet-connected computers and gaming equipment out of your child's bedroom. A central location is strongly advised with common access and common passwords.
- ✓ Media violence can desensitize children to the real life consequences of these behaviors. Limit the amount of violent content your children are exposed to and monitor their behavior after watching scary or violent shows or playing video games.
- ✓ Talk with your children about stereotypical and violent images viewed on screen; strategies advertisers use to market to children, and the unrealistic messages contained in many Ads.
- ✓ Sexual content can desensitize children to the real life consequences of sex (pregnancy, diseases). Ratings systems for TV, music, movies and video games can be helpful when choosing appropriate media for your child.