

Wellness Committee Newsletter

March 2019

Keep your kids healthy by focusing on the importance of good habits. It starts by encouraging them to eat and play the right way. It's how they can live **5-2-1-0**.



Watching too much television and use of other screen media is associated with an increased prevalence of overweight and obesity, lower reading scores, and attention problems. The American Academy of Pediatrics (AAP) recommends no more than 2 hours of screen time a day and that children under age 2 not watch any TV or other screen media. The AAP recommends keeping the TV and computer out of the bedroom.

- **REMEMBER that you are your child's best ROLE MODEL:**
 - **Unplugging during family time** will help you be more mindful at the same time that it teaches your children that life doesn't revolve around screens. If children frequently see you using screen devices as constant entertainment or as a distraction from meals, they will come to understand that this is how media should be used.
 - **Unplugged ideas**
 - **Family board game nights** increase family bonding, strategic thinking and social skills.
 - **Reading** promotes mental stimulation, relaxation, vocabulary expansion, stronger analytical thinking skills, improved focus and concentration.
 - **Arts and crafts** develop fine motor skills, neural development and individuality.
 - **Youth sports** promote the importance of good sportsmanship on the field and in life
 - **Hiking** in San Diego is a great way to enjoy our wonderful weather! There are several child friendly hiking trails to choose from.
- **Discourage** recreational screen time while they're doing homework, and make sure children don't sleep with devices in their bedrooms, including TVs, computers and smartphones.

For more information, please visit:

<https://sdcoi.org/resources/5210-everyday/>
<http://www.AAP.org>