

# UNPLUGGED!

Life is a lot more fun when you join in!



## Interesting facts about TV

- Screen can be habit-forming: the more time kids engage with screens, the harder time they have turning them off as they become older.
- Over half of advertisements during kids' TV shows are about foods, and up to 98% of these promote foods that are high in fat, sugar, and/or sodium.
- Reducing screen time can help prevent childhood obesity.
- Kids who spend less time watching television in early years tend to do better in school, have a healthier diet, be more physically active, and be better able to engage in schoolwork in later elementary school.

Adapted from Campaign for a Commercial-Free Childhood

## Try some of these “unplugged” activities instead of watching TV.

- Take a walk
- Ride a bike
- Go on a nature hike
- Put together a jigsaw puzzle
- Go camping (even if it's just in the backyard)
- Go to a school sporting event
- Play a board game
- Read a book
- Play outside
- Turn on the music and dance
- Start a journal

## Check these out!

- Center on Media and Child Health: [www.cmch.tv](http://www.cmch.tv)
- Campaign for a Commercial-Free Childhood: [www.commercialfreechildhood.org](http://www.commercialfreechildhood.org)

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**LET'S GO!**

**5-2-1-0**