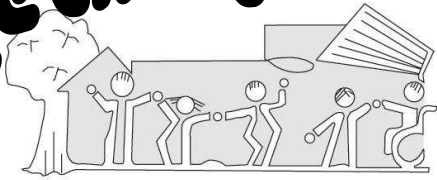


Health Tips



Building Healthy Schools Together
Ensemble, bâtissons des écoles en santé

HELP YOUR CHILDREN "PAUSE" TO PLAY!

OUR CHILDREN NEED TO BECOME MORE ACTIVE ...

The average Canadian child spends more than 23 hours per week watching television. This is in addition to the 25-30 hours per week a child spends sitting in school. Inactivity is a serious health problem. Two-thirds of Canadian children are not active enough for healthy growth and development. Learning the importance of physical activity while young is an important step towards a healthy active lifestyle.

TIPS FOR "PAUSING" THE SCREEN TO PLAY

1. Limit the number of TV, video game and computer hours you and your children spend each day. One hour per day is a good guideline. Explain your rules in positive concrete terms. Try replacing "You can't watch TV" with "Let's turn off the TV so we can..."
2. Look for ways to make physical activity part of your everyday life. Walk your children to school, or play outdoor games as a family.
3. Remove the TV set/computer from your child's bedroom. A television in the bedroom draws children away from family activities and distracts them from homework, thinking, reading and sleeping. In addition, parents may find it difficult to monitor programs that are inappropriate or unhealthy.
4. Keep the TV off during dinner. Meals are a great time for conversation.
5. Involve children in household activities and meal preparation.
6. Tell your children that physical activity is like brushing their teeth. It should be done every day, makes you feel good and gives you a great smile!
7. Select your TV viewing. Watch only favorite shows and then turn the TV off. Don't surf the channels. Tape your favorite shows and then fast-forward through the commercials. Turn the TV off when it's not in use.
8. Be a positive role model to your children by being physically active and cutting down on screen time yourself.



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