

# PRESCHOOL NUTRITION NEWS

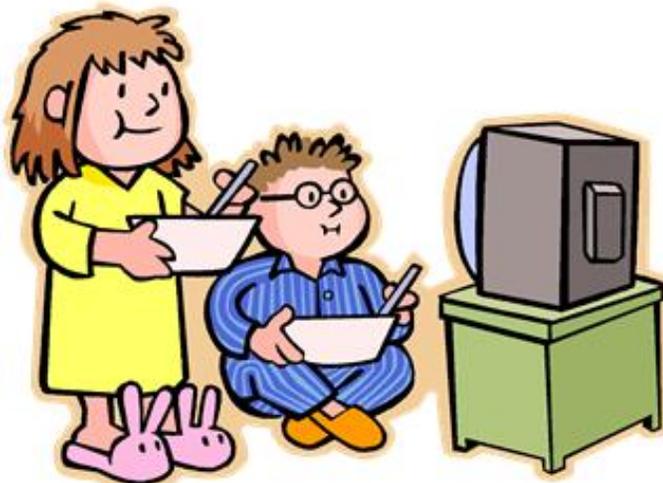
A newsletter for preschool parents and teachers

## Limiting Screen Time

These days screen time has become a big part of everyone's lives, including young children. Screen time includes any time spent in front of the TV, computer, gaming console, smartphone, tablet, or other electronic devices. Screen time has become part of our daily routine for work and education. However, the more time children spend in front of a screen the less time there is for other beneficial activities. Activities such as talking, playing, singing, and reading help with brain development, imagination, and social skills. Parents and caregivers can make a difference by limiting extra screen time and encouraging other activities. Here are some fun ideas to help you get started.

## Screen-Free Activities

- **Limbo:** Bring a broomstick outside and ask two older children or adults to hold the ends. Have the children go under the stick without touching it. If the stick is touched, then that child is out. After everyone has had a turn, the stick can be gradually lowered in increments. This can be done to music, too, if available.
- **Egg Races:** Make some hard-boiled eggs and bring them outside with some tablespoons. Have fun telling your preschooler where they have to walk, run, jump, etc., while balancing the egg on the spoon. This promotes balance and dexterity.
- **Simon Says:** This is one of the most popular games for young children to play. It encourages good listening skills and focus. You are Simon. Stand facing your children and give orders, such as "Simon says to touch your nose" or "Simon says to do a jumping jack." As you call out each order, the children must do whatever you do, as long as you have said, "Simon Says."



- **Head, Shoulders, Knees, and Toes:** You sing the tune and control the pace. Children have to touch the body part being mentioned, as it is mentioned. You can speed up the pace of the tune, and your child has to move faster and faster to keep up. It can get pretty funny as everyone tries to touch their knees and toes as fast as possible.
- **Nature walks:** You can turn literally any walk outside into a nature walk—even a walk around the block. Observe the weather, animals, bugs, and plants. You might say, "Look at those big clouds," or "Touch this grass. It is still wet from yesterday's rain." Preschoolers especially love exploring and are sure to have plenty of questions for you along the way!
- **Tag:** You can be "It" for starters. Everyone tries to catch you and tag you. If you are tagged, then that child gets to be "It." Some designated spots can be considered "safe," like all the trees, park benches, etc.
- **Run Around:** You can be "It" and call out things for everyone to do. For example, "Run from this tree to that tree," or "Hop on one foot from this bench to that tree." There are endless suggestions—you will probably run out of ideas before your preschooler gets bored!

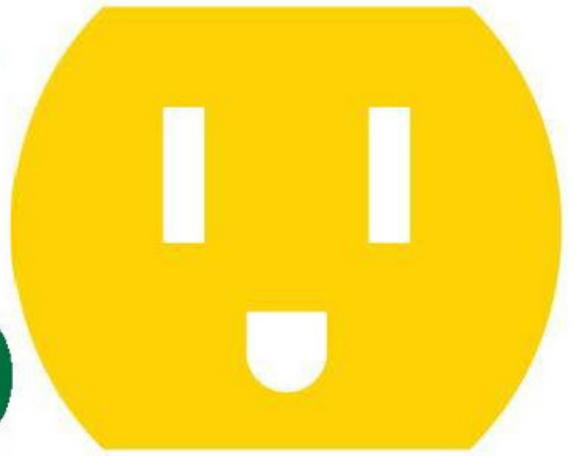


- **Read Out Loud:** Find a book the family would enjoy and read out loud for everyone to hear. Children can also draw or put a puzzle together while listening.
- **Cook Something:** Find a simple recipe to cook together. Even very young children can assist by washing produce, stirring and measuring ingredients, and helping to set the table or clean up.



# SCREEN-FREE FUN!

# screen-free BINGO



<b>READ A BOOK</b>	<b>MAKE A CARD FOR A FRIEND OR FAMILY MEMBER</b>	<b>STRETCH</b>	<b>STICK YOUR HEAD OUT THE WINDOW</b>	<b>DO SOME YOGA</b>
<b>WRITE A LETTER</b>	<b>FIND A COOL ROCK, STICK OR SHELL</b>	<b>PLAY HIDE &amp; SEEK</b>	<b>TELL, DRAW, OR WRITE A STORY</b>	<b>PLAY A BOARD GAME</b>
<b>LAUGH SO HARD YOUR BELLY HURTS</b>	<b>CREATE AN OBSTACLE COURSE</b>	<b>FREE SPACE</b>	<b>TELL SOMEONE THAT YOU WENT SCREEN-FREE</b>	<b>PLAY PRETEND</b>
<b>BUILD SOMETHING TALLER THAN YOU</b>	<b>MAKE YOUR OWN GAME</b>	<b>TRY A NEW FOOD</b>	<b>HAVE A DANCE PARTY</b>	<b>DISCOVER A NEW CORNER OF THE HOUSE OR YARD</b>
<b>BUILD A FORT (inside or out)</b>	<b>COOK TOGETHER</b>	<b>FIND A BUG</b>	<b>LAY ON THE FLOOR OR GROUND</b>	<b>PAINT OR DRAW</b>

## RULES

Mark off each space as you do these activities. Get "BINGO" when you complete 5 across, down, or diagonal! Need a challenge? Try to mark off the whole board!

FIND MORE SCREEN-FREE FUN AND RESOURCES AT  
[WWW.SCREENFREE.ORG/RESOURCES](http://WWW.SCREENFREE.ORG/RESOURCES)

# Screen Guidelines for Young Children

- No screen time for children under the age of 2
- No more than 2 hours per day for children 2-5 years old
- No screen time during meals and snacks
- Screen time should be high-quality, educational programming
- Screen time should have limited or no commercials or advertising
- No screen time 1-2 hours before bedtime
- Always preview content before children watch or play

## Celebrate Screen-Free week every year the first week of May!

<https://screenfree.org/>

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