

WHEENK! HEALTH

STEP AWAY FROM THE SCREEN AND NO ONE WILL GET HURT!

HOW TO GET YOUR KIDS AWAY FROM THE TV AND INTO MOTION.

SUMMER IS IN FULL SWING AND INSTEAD OF PLAYING OUTSIDE AND ENJOYING FUN ACTIVITIES TOO MANY KIDS ARE ALREADY BORED AND SPENDING TOO MUCH TIME IN FRONT OF THE TV AND COMPUTER SCREENS. STATISTICS REPORT THAT THE AVERAGE KID SPENDS 4-6 HOURS A DAY WATCHING TV, PLAYING VIDEO GAMES, OR ON THE COMPUTER. EXPERTS RECOMMEND A MAXIMUM OF 1-2 HOURS PER DAY*. YOU KNOW YOU NEED TO CUT BACK YOUR KIDS TUBE TIME AND GET THEM MOVING, BUT HOW?

- REMEMBER YOU ARE THE PARENT AND YOU MAKE THE RULES.
- HAVE A PLAN. PREPARE A LIST OF ALTERNATE ACTIVITIES TO OFFER YOUR KIDS. SUMMER IS AN EXCELLENT TIME TO GO ON A SCAVENGER HUNT, WALK THE DOG, MAKE AFTER-DINNER WALKS A REGULAR FAMILY EVENT, SHOOT SOME HOOPS, HIT THE PARK, OR HAVE A FAMILY GAME NIGHT.
- BE ACTIVE WITH YOUR KIDS. YOU SET THE TONE. IF YOU ARE ACTIVE, YOUR KIDS WILL BE ACTIVE. IF YOU WHILE AWAY THE HOURS IN FRONT OF THE TUBE, THEY WILL TOO. MORE THAN ANYTHING, YOUR KIDS WANT YOUR TIME AND ATTENTION SO SET ASIDE SOME TIME EACH DAY TO GIVE THEM WHAT THEY WANT...GO PLAY WITH THEM!
- INVOLVE KIDS IN THE PLANNING. THERE ARE TONS OF WEBSITES THAT SPECIALIZE IN ACTIVITIES FOR KIDS IN AND OUTDOORS. MANY ARE INEXPENSIVE AND FREE. FOR COOL IDEAS TO KEEP THE KIDS BUSY, CHECK OUT:

- GAMESKIDSPLAY.NET
- AMAZINGMOMS.COM
- KIDSTURNCENTRAL.COM

- ELIMINATE TVS, COMPUTERS, AND VIDEO GAMES FROM BEDROOMS.
- BANISH TV DURING MEALTIMES.
- DON'T SET UP FURNITURE WITH THE TV AS THE FOCAL POINT OF THE ROOM.
- SET A LIMIT. DETERMINE THE AMOUNT OF TV TIME PER DAY.
- PLAN TV TIME IN ADVANCE. GO THROUGH THE TV AND PICK THE SHOWS YOU WANT TO WATCH AND DON'T TURN ON THE TV BEFORE THE SHOW STARTS OR AFTER IT ENDS. IT'S EASY TO GET CAUGHT UP IN WATCHING WHATEVER COMES NEXT.
- DON'T USE TV AS A REWARD OR PUNISHMENT.
- PRACTICE WHAT YOU PREACH! DON'T LIMIT YOUR KIDS TO AN HOUR A DAY AND THEN SPEND HOURS ON THE COUCH YOURSELF.

*AMERICANHEART.ORG

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