

TV-FREE ACTIVITIES To Do With Your CHILD

- Dance
- Bike (or tricycle) ride
- Read together
- Go for a swim
- Play catch or ball
- Sing
- Take a walk
- Play with blocks
- Garden
- Do an art project
- Build a sand castle
- Draw or color
- Go to the park
- Cook – your child can help measure or stir
- Play Simon Says or other games



Your child can help you plant, weed, water, or harvest!

BE A GREAT ROLE MODEL

- What a parent does, or doesn't do, influences a child's health behaviors.
- How much TV do you watch? How active are you?
- Set a good example for your child by exercising.



Basketball, soccer, softball, biking, and running are some activities parents can be involved in.

WAYS TO ENCOURAGE JOYFUL MOVEMENT

- Participate in joyful movement with your child (together you can: pull out the bikes/tricycles and go for a ride, go for a walk and look for different animals, play in the sand, etc.).
- Encourage your child to participate in active play.
- Provide opportunities for active play (play groups, parks, etc.).

OUTDOOR SAFETY CONSIDERATIONS

- Wear sunscreen – at least SPF 15.
- Watch children as they cross the street.
- Wear bike helmets – children *and* adults.
- Never leave a child in, or near, a pool without adult supervision.
- Avoid playing and jumping on trampolines.



REASONS TO TURN OFF THE TELEVISION

- You can spend more time with your child.
- Your child will have more time to play and be creative.
- Your child will be exposed to fewer commercials for toys, fast foods, snacks, cookies, sugary cereals, sodas, etc.



Your child can benefit from watching less television.



**Creating healthy eating
habits from the start.**

Additional information available at:

- American Academy of Pediatrics
<http://www.aap.org>
- Bright Futures
<http://www.brightfutures.org>
- KidsHealth
<http://www.kidshealth.org>

Visit us on the web!
<http://ceplacer.ucdavis.edu>

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OPPORTUNITIES ABOUND WITH NO TV AROUND



Nutrition Coalition

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