

YOU HAVE THE POWER

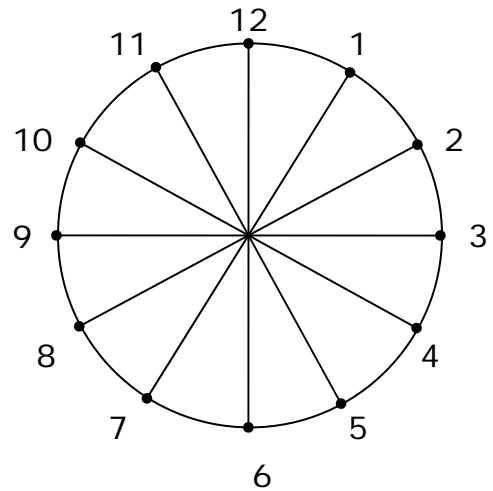
Activity Sheet



How does my child spend their time?

Fill in this circle like pieces of a pie, showing how your child spends a whole day.

Include hours spent, eating, playing, in daycare, watching TV, etc.



Essentials!

The amount of time spent watching TV is related to a child being overweight.

Doctors say:

- No TV for kids 2 or younger.
- 2 hours or less a day for all other children.

For more ideas, see the other side

Commercial Time!

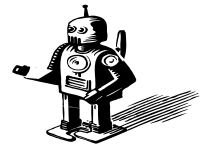
Circle the things that are in commercials the most:



fast food



electronics & video games



toys and games



vegetables



other TV shows



playing outside



candy & sweets



fruit



pop or sweetened drinks



sweetened cereals



snacks



What Can I Do as a Parent?

3 things I do or will try to do to be a healthy role model for my child and his/her TV habits are:

- _____
- _____
- _____

Things I will do to limit how much TV my children watch:

Check any you will try

- Limit how much they are allowed to watch
- Turn off the TV during meals
- No TV sets in their bedrooms
- Limit video game playing
- Play with them instead of TV time
- Other ideas _____

Activities I will do with my children instead of watching TV:

Check any you will try

- Play catch
- Go for a walk
- Go biking
- Play games
- Go to the library
- Other ideas _____

Web Sites

For more information about kids and TV:

- <http://www.aap.org/healthtopics/mediadiseuse.cfm>
- www.tvturnoff.org
- <http://extension.oregonstate.edu/fcd/vprograms/fcelessons/index.php>
(scroll down to 2005 lessons, "Why Weight")
- www.cmch.tv