

REFRIGERATOR NOTES

Promoting Children's Healthy Life Style and Well Being

- Help your children understand the health benefits of being physically active every day. During child directed play, offer options of playing tag or Frisbee, jumping rope, swimming, dancing, playing soccer or taking a walk to the park with you.
- Avoid making comments about weight (your own or your child's). Instead, use language that focuses on healthy choices and strong bodies that allow you to be active (walk, play, climb, dance, etc.).
- Limit your child's total screen time to no more than 1 hour a day. Avoid screen time for children under 2 years of age.
- Provide healthy snacks: for example fruit or vegetables to dip in yogurt or hummus. Avoid continuous snacking, and instead, offer food at predictable meal and snack times. Limit high-fat, high-sugar, or salty snacks.
- In the context of otherwise healthy eating, offer moderate amounts of "treat" foods to help children learn to regulate their intake of sweets.
- At mealtimes provide a variety of health foods; fruits and vegetables, whole grains, lean meats; avoid foods high in trans fats and/or saturated fats.
- Allow your child to serve him/herself. Do not require children to clean their plates and do allow them to have more of anything healthy that is being served. This will help them learn to pay attention to their own hunger signals.
- Do not put your child on a weight reduction diet unless your physician supervises. For most young children, the focus is maintaining current weight, while growing in height.
- Offer children water or low/non-fat milk. Limit soda and juice intake.
- Have predictable family meals together where you have time to talk and enjoy the meal together. Establish dinner as a "no screen" time.
- Involve children in food planning, shopping, and meals preparation.
- Check that your child care providers are encouraging healthy eating and limiting junk food.
- One of the most powerful ways your children learn to be healthy is by observing you.

Therefore, model being physically active, buy and eat healthy foods, express your enjoyment of food and family meals, and model positive talk about your family's healthy bodies.

REFRIGERATOR NOTES

Promoting a Healthy Media Diet (6-12 years)



- Screen time including computer time, video games, I-pads, I-phones, Facebook, Twitter, YouTube and watching TV can become addictive. Research indicates that the average 8-10 year-old child spends nearly 8 hours a day outside of school with some form of screen time. Tweens and teens spend more than 11 hours a day using screens. Excessive screen time can interfere with children's friendships, impact their physical fitness, contribute to obesity and lack of sleep, and decrease interest in reading and motivation for school success. The American Academy of Pediatrics (AAP) recommends 1-2 hours of screen time per day. How can parents help children dial back screen use to meet these recommendations?
- Here are some tips for reducing screen time, making that time a positive experience, and minimizing the negative effects of screen time.
- Discuss with your children your household rules regarding the amount of screen time allowed each day. For children 6-12 years old, approximately 90 minutes per day, or less, is generally recommended.
- Plan when screen time will occur. Avoid screen time 1 hour before bed or during dinner.
- Don't put computers or TVs in your child's bedroom. Keep them in a public place where you can monitor their use. Have a rule that smartphones and handheld devices must also be used in public places, not in children's bedrooms.
- Help children understand that homework must be completed before screen time is allowed, unless screen time is related to research and homework assignments.
- Supervise and monitor the media content children are consuming. Know what type of computer games, videos, TV programs, and web sites they are using or watching. Decide which programs, games, or sites are healthy and which are off-limits. Web-sites such as Common Sense Media can be helpful to provide information about age appropriate media content: <https://www.commonsensemedia.org/>

REFRIGERATOR NOTES (continued)

Promoting a Healthy Media Diet (6-12 years)

- Set up passwords so that children cannot download games without a parent password, and consider whether you want to set restrictions on website browsing on computers that children are using.
- Limit the amount of data you allow your child to have on devices. Explain to your child what programs use data (YouTube, streaming movies, sending video files) and discuss consequences for using more than allowed.
- Make a decision about when and how you want your child to have access to wifi. In this age group, it is recommended that children do not have access to the internet except on family computers.
- Take an active role in your children's media education by watching TV programs, YouTube videos, and movies with them and participating in their computer games so you can mitigate their effects and enhance their use as a way to promote communication and connection. For example, for promoting your child's social skills and empathy you can talk about movie characters who are sensitive, caring, and who are making good friendship choices. Some TV and social media programs can be a catalyst for a discussion about the effects of drinking, drugs, sexual activity, violence, prejudice, managing conflict and death. Discussions about the use of advertisements can help children understand messages about consumerism, food choices, gender roles, and other social issues.
- Teach your children the importance of being polite and having good media etiquette in all forms of social media. Discuss what kinds of things are okay to post on social media platforms; set guideline around posting pictures, videos, and status updates.
- Have rules that children do not share personal information on social media with anyone that they don't know. Explain that once information or an image or video is posted on the internet, it is not possible to retrieve that image.
- Understand that children in this age range do not have good long term judgment and planning and will often not be able to think through the long-term consequences of impulsive social media decisions. Monitoring and limiting their screen use is the best prevention strategy for this age.
- Talk to your children about the consequences for breaking the family rules around screen use. Monitor or track your child's screen time use. Praise and reward your child's healthy viewing habits and following the screen time rules.
- If your child is a victim of cyberbullying, take action and attend to your child's mental health needs. Stop the use of media platforms where the bullying is occurring, and report the incident to teachers or school counselors.

REFRIGERATOR NOTES (continued)

Promoting a Healthy Media Diet (6-12 years)

- Model good screen use habits. Set some non-screen times for all family members, including parents. Dinner time, the hour prior to bedtime, and other times when family members are together are good times for this.
- Strive for balance between screen time activities and other activities involving social interactions, making friends, physical activity, reading, or other activities around the house. When children are “bored” and need to find other things to do, they often find creative ways to use their time. While screen devices have great benefits if used appropriately and as part of a healthy media diet, non-screen time is crucial for your child’s social, emotional, physical and learning development as well as relationships with family and friends.

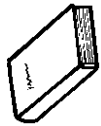
See <https://www.healthychildren.org/English/media/Pages/default.aspx> for a tool developed by American Academy of Pediatrics to develop your own family media plan

Cleaning my room

Put dirty clothes in the laundry basket.



Put books on the shelf.



Put games in the cupboard.



Make the bed.



Chore Cards

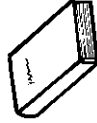
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Refrigerator Notes About Limit Setting

- Don't give unnecessary commands.
- Make one request at a time.
- Be realistic in your expectations
- Use "do" requests.
- Make requests positive and polite.
- Don't use "stop" commands.
- Give children ample opportunity to comply.
- Give warnings and helpful reminders.
- Don't threaten children; use "when...then" commands.
- Give children options whenever possible.
- Make requests short and to the point.
- Support your partner's requests.
- Praise compliance.
- Strike a balance between parent and child control.
- Encourage problem-solving with children.

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Clear Commands/Requests—Start with a Please...

"Speak politely."

"Keep the noise low on your music."

"Please put your coat in the closet."

"Hang up the bathroom towels."

"Come home at the agreed time."

"Put your laundry in the basket."

"Phone to let me know where you are if your agreed upon plans change."

"Put out the garbage."

"Turn your computer off."

"Talk quietly."

"Feed the dog each day."

"Set the table."

"Make your bed."

Unclear, Vague, Question or Negative Commands/Requests

"Let's clean your bedroom."

"Why don't we go to bed now?"

"Be nice, be good, be careful!"

"Wouldn't it be nice to go to bed now?"

"Don't talk to me like that."

"I see your coat is still on the floor."

"Why isn't your coat put away?"

"Do you know where your coat is supposed to be?"

"Quit that.."

"Shut up."

"Don't yell."

"Watch it."

"Let's don't do that anymore."