

5210 FEATURE:

July



Tips to reduce screen time this summer

Here's how you can put 5-2-1-0 into action this month:

WHY UNPLUG?

Screen time can be habit-forming. The more time children spend engaging with screens (TV, video games, tablets, phones), the harder time they have turning them off as they become older. Children who spend less time on screens in early years tend to do better in school, have a healthier diet and be more physically active later in childhood.

SUGGESTED RULES TO LIVE BY:

When parents set media rules, children's media use is almost three hours lower per day!

- 2 hours or less per day of recreational screen time.
- No TV during meal times.
- No TV or tablets in any bedrooms.

— Recommended by the American Academy of Pediatrics

SCREEN-FREE FUN!

Visit Your Local Library

Most libraries have summer reading programs or participate in [Adventure Pass](#), which provides free passes to area attractions like zoos, museums and more!

...or County Park!

Travel Iowa has put together a [Family Fun Guide](#) for families to use when visiting county parks.



School Vacation Bucket List

Complete as many as you can! All of the activities on the [checklist](#) are fun and none involve a screen.

Summer Screen-Time Contract

Stop the screen-time fight by having kids sign a contract ([like this one](#)) outlining their limits.

Fun and Cheap Screen-Free Activities

Don't be bored this summer! Try one of these [60+ screen-free activities](#) with your family.

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