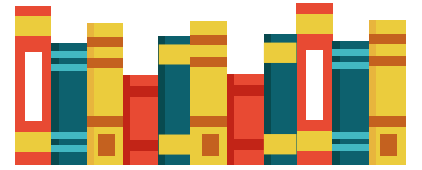


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Take a break from screens and **READ!**

FEATURE: March



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

**FEATURED
SCREEN-FREE
ACTIVITY:**

READING

There are many alternative activities to screen-time, but one of our favorites is reading! Reading has both physical and mental health benefits. It is recommended that parents read at least 20 minutes each day with their children, even with infants, to help support brain development and bonding.

TIPS FOR READING ALOUD:

- Use your own words – It's OK to forget the plot and talk about the pictures.
- Put life into the reading with your voice. Give different voices to characters and make the sounds of the animals pictured.
- Move your fingers across the page to show that movement is taking place.
- Each time you read a book, talk about the same things using the same words. Children love repetition and enjoy when they know what you're going to say next.

MORE RESOURCES:

- [Tips for Reading To Young Children](#)
- [Setting Limits & Alternate Activities](#)
- [For Educators: Find the Balance Between Screen Time & Activity](#)
- [Resources to Plan a "Screen-Free Week" at your School](#)



READ ACROSS AMERICA DAY takes place on March 2! Is your school, program or family taking part? Access resources [here](#).

STRATEGY 5:

Limit recreational screen-time.

DID YOU KNOW:

Most American children spend about 5-8 hours on screens each day. That number may be even higher today due to the impacts of COVID-19.

WHY IT MATTERS:

Research shows that too much screen time has been linked to eating more, having trouble sleeping and poorer performance in school.

TAKE ACTION:

Create a policy that limits recreational screen time and prohibits the use of screen time as a reward at your site.

– [10 Strategies for Success](#)



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LEARN MORE & ACCESS FREE RESOURCES: www.iowahealthieststate.com/5210