



July 2014

## Tips to Reduce Screen Time

www.communitybridges.org

Screen time can take away from activities that help brain development and social skills, such as talking, playing, singing, and reading. Screen time includes TV and DVD viewing, video games, recreational computer, and other electronic devices. No screen time is recommended for children under the age of two. Here are some tips to help you limit your family screen time use.

- **Talk about health.** Explain to your children that it's important to sit less and move more.
- **Make meal time, together time.** Turn off the TV during meal time. Research shows that children eat more when they are served food while watching TV. Research also has shown that families who eat together tend to eat more nutritious meals than families who eat separately.
- **Choose programs that don't have commercials.** Young children are vulnerable to the messages they see in commercials for "junk food" that often play during children's programming.
- **Go "TV free."** Once children adjust to the change, they won't miss it.
- **Be a good role model.** Adults should limit their screen time to no more than 2 hours per day also. If children see adults following the screen time rules, then they will be more likely to follow them.
- **Don't use TV to reward.** Practices like this make TV seem even more important to children.
- **Ensure children have plenty of play time opportunities.** Go to the park whenever possible, kick a ball around, dance inside to music, or hop down the sidewalk. These activities help children build muscle and develop coordination, balance, and teamwork skills.



Source: Adapted from Healthy & Active preschoolers

### Increase your monthly reimbursement by decreasing errors. Consider Switching to Online Claiming!

**Do you know how to use a computer?** If so, you may find that claiming online is easier than paper.



**MM webKids** can help you **increase your reimbursement** as you decrease monthly errors. You can enroll children, record in/out times, manage your children's/provider calendar, pre-plan menus, obtain claim details and tax reports, create menu templates, print reports, find out monthly earnings upon submission, and save time and money when submitting your claim. There is even an "app" (Kids2go) available for your mobile devices.

**Want to learn more?** Call our offices or attend our group training session on July 23<sup>rd</sup>, 5:30-7:30 pm. in Aptos.

**Note:** For every 10 providers that sign-up and submit a claim online for 3 months, we will be holding a raffle! (Prizes include: Disney dresses, a blender, gift cards, etc...)

## Menu Ideas

### Breakfast

Bagel	Oatmeal	WW Toast	Rice Pudding	WW Tortilla
Peaches	Cantaloupe	Banana & PB	Strawberries	Tomato, huevos ranchero
Milk	Milk	Milk	Milk	Milk

### Lunch/Dinner

Monterey cheese	Lentils	Pinwheel Wrap*	Ground beef	Turkey
Corn tortillas	Naan bread	WW Tortilla	Pita bread pizzas	WW bread
Cauliflower	Mixed baby greens	Baby carrots	Spinach & Broccoli	Lettuce & tomato
Pineapple	Tomato & Cucumber	Oranges	Pineapple	Strawberries
Milk	Milk	Milk	Milk	Milk

### Snack Am/Pm

Tuna	Soft Pretzel	Applesauce	Celery	Greek Yogurt
WW crackers	100% Berry Juice	WW goldfish	Peanut Butter	Blueberries

## CACFP Quilt

Help secure CACFP funding through your kids artwork. Use the space on the CACFP Quilt form (enclosed) to have the kids create art about the importance of healthy meals and physical activity.



### Did you Know!

On any given day, 29% of babies under age 1 are watching TV and videos for an average of about 90 minutes.

- Between their 2<sup>nd</sup> and 3<sup>rd</sup> birthday, 64% of toddlers are watching TV and videos averaging over 2 hours.
- Even the most conservative findings show that preschoolers spend as much as 4.6 hours per day using screen media.
- Screen time for children under 3 is linked to delayed language acquisition.
- Reducing screen time can help prevent childhood obesity.

*Source: www.commercialfreechildhood.org*

### \*Tortilla Pinwheel wraps!

- |                             |   |
|-----------------------------|---|
| 8-10 whole wheat tortillas  | 8-10 slices turkey or ham               |
| 6 oz. of hummus, any flavor | 8-10 slices of Swiss, or Cheddar cheese |
| ¼ cup shredded carrots      | 5 oz. baby spinach leaves               |



1. Mix the hummus with the shredded carrots.
2. Spread about 1-2 Tbsp of mixture onto a flour tortilla and top with a piece of meat and cheese.
3. Top with spinach leaves.
4. Roll the tortilla and wrap in plastic wrap.
5. Place in refrigerator for 30 minutes to allow ingredients to set.
6. Slice into 1 inch pieces, or in half, and enjoy.

**Serves:** ½ wrap provides preschoolers with 1 meat alternate at lunch or dinner, and 1 grain.

*Source: adapted from www.food.com*

**Visit us online:** [www.cbridges.org](http://www.cbridges.org)

Twitter: @puentes\_sc

Facebook: communitybridgessc

