



JULY

SET DOWN SCREENS

#HealthyChoicesCount



STATE OF IOWA DEPARTMENT OF
Health AND Human
SERVICES

FIND MORE 5-2-1-0 RESOURCES:
www.iowaHealthiestState.com/5210



DID YOU KNOW?

Kids who spend less time watching TV in their early years tend to do better in school, have a healthier diet, be more physically active, and be better able to engage in schoolwork.



STRATEGY 5: LIMIT RECREATIONAL SCREEN TIME

- Does your school/program limit recreational screen time (TV, phones, tablets, computers, etc.) during the day?
- Does your program use screen-time as a reward?



SET ASIDE THOSE SCREENS!

[Screen Free Tips and Activities](#)

[Healthy Activities for School Vacation](#)

[Plan a Screen Free Week!](#)

[Setting Screen Limits & Alternate Activities](#)

[Play Ideas For Infants](#)

