

# 5210 November



**FEATURE:** Pledge to spend more time with your family away from screens!

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

## SCREEN-FREE FUN!

Limiting screen-time can help prevent childhood obesity and spending time with friends and family helps strengthen social connections.

Instead of gathering around the TV or playing video games, plan a board game night, read a book together or try one of these [101 SCREEN FREE ACTIVITIES](#).

### Create a Family Media Plan

Check out this [interactive guide](#) from the American Academy of Pediatrics that will create a plan personalized to your family.



## CHALLENGE: Device-Free Dinners

As a family, pledge to take technology off of the dinner table during November. Turn the TV off and place all phones and tablets in another room.

Make your screen-free mealtime more engaging with these [CONVERSATION STARTERS](#) and [DINNER GAMES](#) from The Family Dinner Project.



### COMPLETE THE CHALLENGE?

Celebrate your success with a fun family outing, like visiting a museum, going bowling or ice skating.

## SPREAD THE WORD ON SOCIAL MEDIA:

We're taking technology off the table during meal time this month. #HealthyChoicesCount #DeviceFreeDinner

This month we're focusing on family time instead of screen time. Unplug and play! #HealthyChoicesCount

**Attach a photo of 5-2-1-0 in action to the post:** Show us your favorite screen-free family activity!



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