

Gifts to Help Families Be Active

What gift do most kids have on their wish list for the holidays or an upcoming birthday? Probably some type of technology - from smart phones to tablets, to the latest video game. Before purchasing a that gift promotes more time in front of a screen, consider some options that can help kids and families stay active throughout the year.

Here are the latest recommendations on media use from the AAP:

- **Children younger than 18 months:** With the exception of video-chatting, the use of screen media should be discouraged.
- **Children ages 2 to 5:** Limit screen use to 1 hour per day of high-quality programs. Parents should watch media with children to help them understand what they are seeing and apply it to the world around them.
- **For children ages 6 and older:** Parents should place consistent limits on the time spent and types of media used. Make sure media does not take the place of sleep, physical activity and other behaviors needed for good health.
- **Additional considerations:** Establish media-free time together as a family such as an evening meal or driving in the car. Assign media-free locations at home, such as bedrooms or dining rooms.

Ideas for Active Gifts:

- Balls, flying discs or cones
- Scooters, bikes and riding toys
- Roller blades or roller skates
- Bicycle helmets and other safety equipment
- Active music
- Kites or sand box toys
- Active board games
- Family membership to the YMCA, family fitness center or Children's Museum
- Fishing poles
- Gardening equipment
- Sleds
- Hula hoops

MyPlate Holiday Makeover

- ✿ Tweak the sweets~fruits make delicious desserts!
- ✿ Cheers to good health~drink water to manage calories!
- ✿ Bake healthier~use recipes with pureed fruits instead of butter or oil!
- ✿ Spice it up~use spices and herbs instead of sugar and salt
- ✿ Brighten your meal~fill half your plate with fruits and vegetables
- ✿ Skim the fat~try skim evaporated milk instead of heavy cream
- ✿ Swap the grains~choose whole wheat flour instead of white
- ✿ Go easy on the gravy~a little bit of grave goes a long way

Visit choosemyplate.gov for healthier options during the holidays!!

