

FORWARD DUPAGE CORNER

May is Screen Free Week and National Physical Fitness and Sports Month.

Begin the month of May by celebrating Screen Free Week. From April 29-May 5, 2019, unplug from screen-based entertainment and let your imagination run wild. There is no limit to what you can do during Screen Free Week. Not only does Screen-Free Week allow us to enjoy time away from news feeds, targeted ads, and autoplay videos, but it gives families and communities an opportunity to come together and connect with each other.

There are many reasons to turn off the TV but most important, many studies have found a correlation between TV viewing and overweight including the more hours of TV a child watches the higher the percentage of body fat. But on a positive note, watching less television is associated with better performance in school, higher reading ability and better peer relationships.

Click [here](#) for **Screen Free Week** information.

May is also National Physical Fitness & Sports Month! The President's Council on Sports, Fitness & Nutrition is excited to encourage everyone to go play and #MoveInMay. Screen Free and #MoveInMay go hand in hand. There are countless ways to get moving especially as we gear up for summer. Consider children's soccer, T Ball and softball leagues, begin to swim programs, outdoor play that opens up opportunities for vigorous activity (riding bikes, walking, running, jump rope, group games like tag and hide and seek and Mother May I) and more.

Click [here](#) for **National Physical Fitness & Sports Month** information.

May Resources - FORWARD DuPage encourages early childhood and school age programs to share this information with families and promote this monthly focus.

1. How to Help your Kids Reduce Screen Time and Move More:

[English](#)

[Spanish](#)

2. Families, Fitness and Fun: [10 Tips for Improving Family Time and Fitness](#)

For information on healthy eating and active living initiatives in DuPage county, check out www.forwarddupage.org. For more early childhood healthy resources for families click [here](#).

JOIN THE HEALTHY MOVEMENT TODAY!

Families: Get started now! Follow the recommendations and turn your TV off for the first week of May. Use this time to set new limits for screen time in your home (with a goal to get to no screen time for children under two and two or fewer hours a day for everyone else).

Early Childhood Providers: Plan to celebrate Screen Free Week by shutting the TV off for the entire week and then scaling back to minimal screen time for the rest of May. Is adopting a "no screen time" policy in your program's future?