Pledge to POWER OFF & PLAY

ON FAMILY DAY

Monday, February 19th, 2018

HEALTHY KIDS
COMMUNITY CHALLENGE
COUNTY OF MIDDLESEX
hkcc.middlesex.ca

REGISTER TO WIN!
1 of 4 $250 Gift Cards to Boler Mountain

Register at
hkcc.middlesex.ca
Click on Family Day
OPENS FEBRUARY 1ST

On Family Day, connect with the people in your neighbourhood, have an uninterrupted family meal, play a board game, or enjoy a family walk.

Power off your screen & play!

Screen free for 1 day! Are you up for the CHALLENGE?

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**For more information go to
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Theme 4 of the Healthy Kids Community Challenge is focused on encouraging children to reduce recreational and sedentary screen time and find alternative ways to play!

Higher screen time is linked to:

- Poor brain development, language development and attention skills in the early years.
- Lower levels of physical fitness, higher weight and higher risk of high blood pressure and cholesterol.
- Behavioral issues, lower self-esteem, and lower emotional well-being.

The Challenge?
Pledge to go screen free for 1 day on Family Day - Monday February 19th, 2018. Power off your screens and find alternative ways to play.

All schools and child cares in the County are invited to participate in the Challenge too! Prizes are available for the schools and child cares with the highest number of pledges! When you register, you will be asked to indicate your school and/or child care.

Registration
You need to register online before February 18th, 2018 to be eligible for the prize draw. **Register at hkcc.middlesex.ca/Family Day.**

Age	Recommended hours of screen time
Under 2 years	None
2 to 4 years	Less than 1 hour a day
5 to 17 years	No more than 2 hours of recreational screen time a day

Sources:
Canadian Society for Exercise Physiology's Canadian Sedentary Behaviour Guidelines
Canadian Society for Exercise Physiology's 24-Hour Movement Guidelines for Children and Youth
Canadian Pediatric Society's Position Statement on Screen Time and Young Children

Less than 25% of children in Canada meet these screen time guidelines.

Brought to you by: **HEALTHY KIDS**
COMMUNITY CHALLENGE
COUNTY OF MIDDLESEX