Kids and Screen Time

Screen time includes:
• watching TV or videos
• playing with a smart phone, computer or video games

Too much screen time can have many negative effects. It can:
• Increase weight gain
• Keep children from sleeping well
• Increase behavior problems
• Keep children from learning as well
• Lead to less time for active, creative play

Doctors recommend:
• no screen time for children under 2 years old
• older children should have less than 2 hours a day of screen

What can a parent do?
• Don’t leave the TV on all the time. Turn it off if you aren’t watching it.
• Don’t eat in front of the TV
• Don’t use screen time as a reward or punishment
• Encourage active screen time
  Have your child stretch or dance while watching a show
  See who can do the most jumping jacks during commercials
• Suggest other activities like reading, coloring or helping with the cooking

As the weather gets warmer try to make time to get outside. Take a walk or go to a playground. WIC staff can provide a handout listing of parks, library programs and other activities in the area.

It’s almost time for the Farmer’s Market!

Look out for the Farmer’s market checks! You can get your set starting in June!
Breastfeeding Support
Our nutrition staff and peer counselors are happy to answer your questions and support you in breastfeeding.

Call us at our office: 432-4033 Ext. 134
Our peer counselor: Eliza
The peer counselor after-hours line: (518) 649-3885

Breastfeeding Q&A
Question: Is formula just as good as breast milk?
Answer: Breast milk is the perfect nutrition for your baby. Formula is always the same but breast milk changes to meet your baby's changing needs. Breastfed babies usually have fewer infections and other illness than formula babies. The more breast milk your baby gets the greater the benefits. Remember breast milk is best.

Best Flavors of the Season
Use your monthly WIC Fruit and Vegetable check to try out these great recipes!

Pineapple Slaw
Ingredients:
- 2 1/2 cups shredded cabbage
- 1 cup shredded carrots
- 1 cup canned pineapple chunks
- 1/4 cup raisins
- 2 1/2 tablespoons pineapple juice

Directions:
1. Combine all ingredients in large bowl.
2. Toss and serve or put in refrigerator until serving time.

Wide Awake Omelet
Ingredients:
- 1 diced tomato
- 1 chopped onion
- 3 eggs
- Salt and pepper
- Whole wheat toast (optional)

Directions:
1. In a frying pan, over medium heat, fry tomatoes and onions for 1 minute.
2. Add eggs and spices.
3. Stir with fork until eggs have thickened.
4. Eat with whole wheat toast.

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