

# Reduce TV Time

Aim for no more than 2 hours a day.

Try these activities instead of TV...

## Indoor Activities

- Hide an item, like a stuffed animal, in the house and let your child find it
- Read books and act out movements to a story
- Keep supplies on hand for coloring, finger painting, and play dough
- Cook a favorite recipe together...try the Snowy Forest

## Outdoor Activities

- Blow bubbles
- Catch insects or collect flowers and leaves and put them in a jar
- Take a walk to a park, store, or library



## The Snowy Forest Recipe

### Ingredients:

- Frozen broccoli trees, warmed in the microwave
- Instant mashed potatoes
- Shredded mozzarella or mild cheddar cheese

### Directions:

- Spread mashed potatoes one inch thick into a dish or pie pan.
- Stick broccoli trees into the mashed potatoes so that they stand up.
- Sprinkle with cheese.
- Warm in the oven or microwave until the cheese melts.