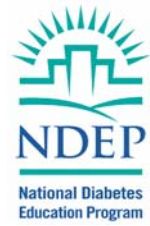


Caring for a Pre-school Child



Children in this age group learn primarily through play. Education is often limited to spontaneously occurring opportunities associated with diabetes management and providing answers to questions asked by the children. Educational tools that are well received by this age group may include dolls or puppets shaped like foods and coloring books. Most nutrition education for children in this age group must be directed at parents or other adults.

Television Watching

Being awake with the TV on for >2hr/day is a risk factor for being overweight at ages 3 and 4 ½ years.

Weekend TV viewing in early childhood affects body mass index in adulthood.

The best predictors for being overweight among 3- to 7-year-olds are physical activity and TV viewing. **TV was a bigger factor** than diet. Inactivity and TV viewing became stronger predictors as the children aged.

The American Academy of Pediatrics does not recommend television for children age 2 or younger. For older children, the Academy recommends no more than 1 to 2 hours per day of educational, nonviolent programs.

The American Academy of Pediatrics advises that television can negatively affect early brain development. This is especially true at younger ages, when learning to talk and play with others is so important.