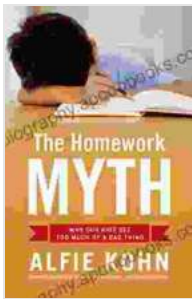


Why Our Kids Get Too Much of a Bad Thing

Our kids are getting too much of a bad thing. They're spending too much time on screens, eating too much junk food, and not getting enough exercise. This is having a negative impact on their health and well-being.

The Problem with Screen Time

Screen time is a major problem for kids today. They're spending more and more time on their phones, tablets, and computers. This is cutting into their time for other activities, such as playing outside, reading, and spending time with family and friends.



The Homework Myth: Why Our Kids Get Too Much of a Bad Thing by Alfie Kohn

★★★★☆ 4.5 out of 5

Language	: English
File size	: 923 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 261 pages



Too much screen time can have a number of negative consequences for kids, including:

- Obesity
- Sleep problems

- Behavioral problems
- Academic problems

The Problem with Junk Food

Junk food is another major problem for kids today. They're eating too much of it, and it's making them sick. Junk food is high in calories, sugar, and unhealthy fats. It's also low in nutrients.

Eating too much junk food can lead to a number of health problems, including:

- Obesity
- Heart disease
- Stroke
- Diabetes

The Problem with Not Getting Enough Exercise

Not getting enough exercise is another major problem for kids today. They're spending more and more time indoors, and they're not getting the physical activity they need.

Exercise is important for kids for a number of reasons. It helps them stay healthy, strong, and fit. It also helps them develop coordination, balance, and motor skills.

Not getting enough exercise can lead to a number of health problems, including:

- Obesity
- Heart disease
- Stroke
- Diabetes

What Parents Can Do

There are a number of things that parents can do to help their kids avoid the negative consequences of too much screen time, junk food, and not enough exercise.

Here are a few tips:

- Set limits on screen time.
- Make sure your kids are eating healthy foods.
- Encourage your kids to get regular exercise.
- Be a good role model for your kids.

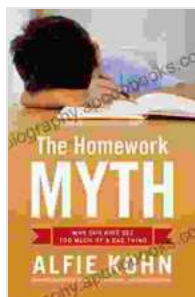
By following these tips, you can help your kids stay healthy and avoid the negative consequences of too much of a bad thing.

Our kids are getting too much of a bad thing. They're spending too much time on screens, eating too much junk food, and not getting enough exercise. This is having a negative impact on their health and well-being.

Parents need to be aware of the dangers of too much screen time, junk food, and not enough exercise. They need to set limits on screen time,

make sure their kids are eating healthy foods, and encourage them to get regular exercise.

By following these tips, parents can help their kids stay healthy and avoid the negative consequences of too much of a bad thing.



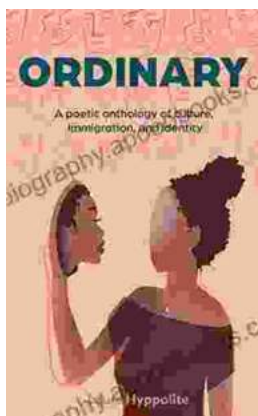
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