

Most people can look around the world today and notice that screen time is having a major impact on our daily interactions. Cell phones are a constant distraction, televisions are seldom turned off, and computers and iPad's are becoming ever more prominent. But, have you ever really considered the impact on the development of a child?

According to the **American Academy of Pediatrics**, "media use has been associated with obesity, sleep issues, aggressive behaviors and attention issues in preschool- and school-aged children...studies have evaluated the effects of heavy television use on language development in children 8 to 16 months of age...children younger than 2 years who watch more television or videos have expressive language delays, and children younger than 1 year with heavy television viewing who are watching alone have a significantly higher chance of having language delay...**media- both foreground and background- have potentially negative effects and no known positive effects for children younger than 2 years.**"

Research shows screen time (including television, computers, phone, etc.) before the age of 2 is linked to:

- *change in size and shape of the frontal lobe of the brain and the neuron connectors
- *ADD symptoms
- *Aggressiveness
- *Delayed speech
- *Emotional disconnect
- *Obesity

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To participate in our programs, request more information, or ask questions, contact us. We would love to hear from you!

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www.screenfreeforme.org

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Through e-mail:
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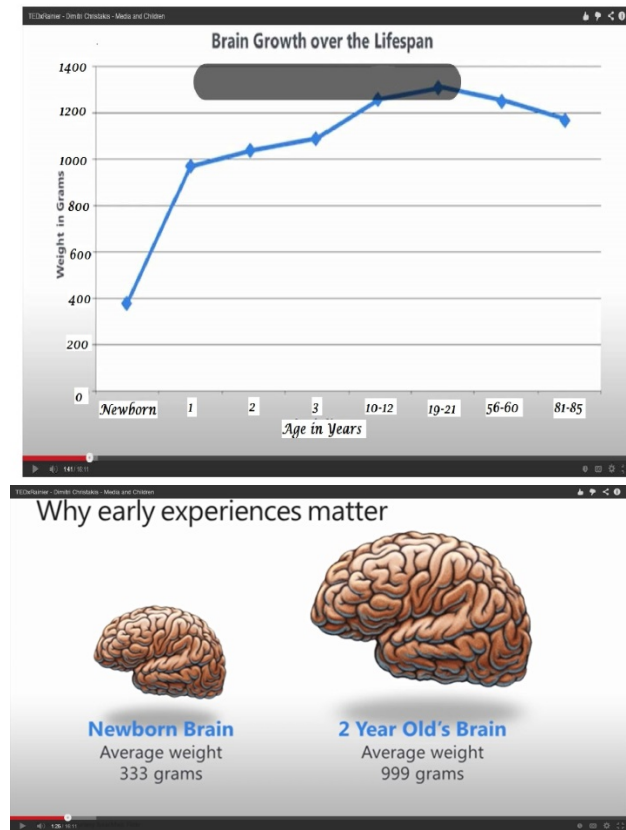
Turn off TV- Turn on Life

Does screen time really have an impact on my child's development?



Learn what it means to be Screen Free and why it is so important to your child's success.

The first two years of the child's life are the most crucial to brain development. This is the time in which the brain develops the most rapidly (see diagrams below).

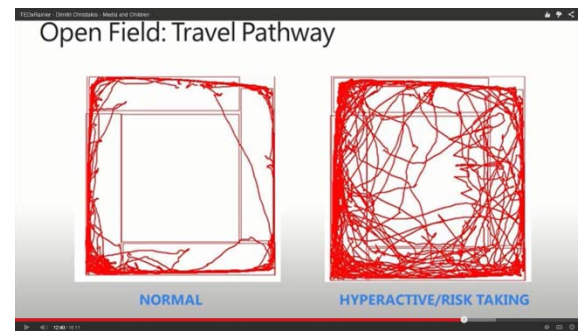


"It's better to get brain development right from the beginning- then to try to come in and fix later in life."
 Prof. Jack Shonkoff- Harvard Centre on the Developing Child

Doctor Dimitri Christakis has been performing research studies on the effects of television using mice. His studies have been most insightful.

Dr. Christakis took mice that were ten days old and placed them in a living area surrounded by televisions for 6 hours a day for 42 days. He then performed tests to see the difference between the mice that had been exposed to the television and the mice that had not.

The diagram below shows the paths the mice followed when placed in an open area. The left is the path of the mice not exposed to television and the right is the path of the mice that had been exposed.



It is rather alarming to see the hyperactivity reflected in the movements of the mice exposed to the television. Imagine the impact it is having on your child! Before you turn on the television, think about the impact, and then pick up a book instead!

"There is no substitute for a book in the life of a child" May Ellen Chase

About ScreenFree

Our vision is to educate parents on the negative impacts of screen time on child development and assist them in making more educated choices on the use of screens in their homes.

We strongly encourage parents to adopt a Screen Free lifestyle for their children under two years of age and **LIMIT** screen time in the subsequent years. To support parents in this decision, we offer the following programs:

I'm Screen Free 2 Program:

This program is for infants 0-2 years of age. Since this is the most crucial age for brain development, elimination of screen viewing is highly recommended. Participants in this program will receive a special incentive for each month the infant is Screen Free and a special graduation gift on their second birthday!

The American Academy of Pediatrics stated, "Unstructured playtime is more valuable for the developing brain than any electronic media exposure...play allows a child to think creatively, problem-solve, and accomplish tasks with minimal parent interaction."

Screen Free Outings:

Visit us on Facebook for information on outings with like-minded families. Share inspirational stories, hear suggestions for difficult situations, relax, and have fun!

"Motivation is what gets you started. Habit is what keeps you going." Jim Rohn