

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 the **American Academy of Pediatrics**, "For older children, total entertainment screen time should be limited to **less than 1 to 2 hours per day**... Expect to encounter resistance at first. After all, change is never easy. If yours is a household where the TV regularly blares for five, six or seven hours a day, wean the family gradually. Try cutting down by an hour a week or go cold turkey. The two-hour maximum includes time spent in front of any screen, including the computer and video games...You'll all discover more constructive ways to fill the time, separately and together. Some examples include:

- *Reading
- *Exercising
- *Taking part in outdoor activities
- *Talking more to one another"

"Media is very much a part of our lives. The real research agenda is to find out how to use it in healthy ways." ~ Dr. Dimitri Christakis

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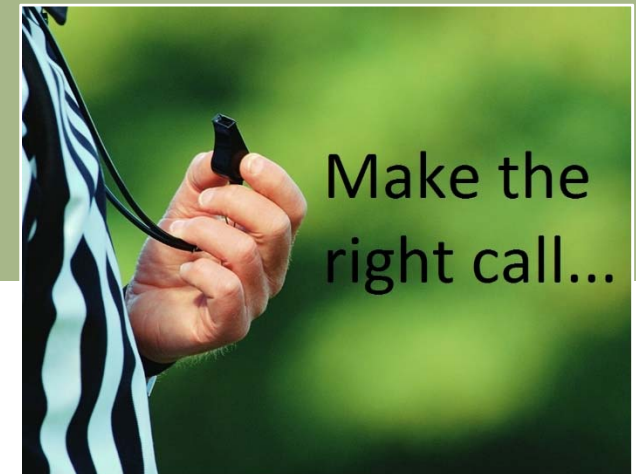
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PO Box 2144
Centennial, CO 80161-2144

We are a 501(c)(3) non-profit organization, so donations are always welcome and 100% tax deductible!

Screen Free

Turn off TV- Turn on Life

Why should I monitor screen time now that my child is older?



Learn what it means to make healthy media choices and how to help your kids use media in healthy ways.

"When babies are babies, they're learning about human interaction with face-to-face time and with speaking to parents and having things they say modeled back to them. That need doesn't go away."
Marjorie Hogan, UCLA

A recent study performed at UCLA targeted media and the effects it is having on social interaction.

"The UCLA researchers studied two groups of sixth-graders from a Southern California public school. One group was sent to the Pali Institute, an outdoor education camp in Running Springs, Calif., where the kids had no access to electronic devices. For the other group, it was life as usual.

At the beginning and end of the **five-day study period**, both groups of kids were shown images of nearly 50 faces and asked to identify the feelings being modeled. Researchers found that the **students who went to camp scored significantly higher** when it came to reading facial emotions or other nonverbal cues than the students who continued to have access to their media devices."

This shows that by making a change today, you can make a change to your child's life!

"It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings." Author unknown

Thoughts from High Tech Parents:

Steve Jobs, Apple: "We limit how much technology our kids use at home."

Chris Anderson, chief executive of 3D Robotics, a drone maker, "...we have seen the dangers of technology firsthand. I've seen it in myself, I don't want to see that happen to my kids."

What you can do:

Remember, you are the parent- set limits! These can be based on age. Children under the age of 10 are more susceptible to becoming addicted. Keep this in mind when setting your limits.

- Limited or no screens in public
- Limited screen time during the week
- Create an agreement with the kids and have the family sign it!
- Remove screens from the bedrooms

Find activities they enjoy and encourage them!



"I feel like [screen time] saps their energy. On a day without screen time, I feel they're much more energetic. Sedentary, sitting in front of the screen, and not interacting, I feel that's unhealthy." Maryam Morse

About Screen Free

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