

PLAY MORE, WATCH LESS- NATIONAL SCREEN-FREE WEEK MAY 4TH THROUGH MAY 10TH, 2015

National Screen-Free Week is an annual celebration of the magic of being unplugged. During this week, parents, children, teachers and others across the country turn off screen media- including TV's, video games, computers, tablets, e-readers, cellphones and smartphones-and get in touch with being unplugged.

DID YOU KNOW??????

- The average American home has 3 T.V.s, and 56% have 3 *or more* televisions!
- 59% of U.S. homes with T.V. have digital cable
- 90% of U.S. homes have a computer with Internet access

T.V. HOURS WATCHED PER WEEK:

- *39 HOURS BY WOMEN OVER AGE 18
- *35 HOURS BY MEN OVER AGE 18
- *24 HOURS BY YOUTH AGES 12 TO 17
- *26 HOURS BY CHILDREN AGES 2 TO 11

Reducing T.V. time can help prevent excess weight and obesity.
For children aged 3 years and younger, screen time is linked with sleep disorder

I encourage you and your families to use this week to look at your screen-use habits. How many hours are spent watching a screen or "on-line" (computer, tablet, smart phones) compared to doing other activities?

WAYS TO CHANGE THESE HABITS:

1. Turn off the T.V. during meals and put away other distracting screens- tablets, smart- phones and electronic devices. Instead of using them, talk about everybody's day.
2. Take T.V.s out of bedrooms. Sleeping with the T.V. on, even with the sound off, can disrupt sleep patterns and contribute to fatigue.
3. Keep the T.V. and computer off unless someone is watching them.
4. Gather your family and come up with a list of alternative activities to sitting in front of a screen. Jot down ideas and post them on your refrigerator. These may include:
 - *Visit a Park or the Public Library
 - *Take a walk in the woods
 - *Plant a garden and tend it daily
 - *Write a letter

Stop by Nurse Mary's office at school for age specific activity suggestions instead of sitting of a front of a screen !

