



**FARMINGTON HILLS/FARMINGTON  
COMMISSION ON CHILDREN YOUTH & FAMILIES**

**ARE YOU A “LEAN SCREEN FAMILY?” – CONSIDER THESE FACTS:**

- Kids 8-18 years old average over 7½ hours each day using screens and electronic devices.
- “Children whose parents make an effort to limit media use—through the media environment they create in the home and the rules they set—spend less time with media than their peers.”

*FROM THE GENERATION M STUDY BY THE KAISER FAMILY FOUNDATION*

**CELEBRATE “SCREEN FREE WEEK” APRIL 30 – MAY 6, 2012**

*SPONSORED BY THE CAMPAIGN FOR A COMMERCIAL FREE CHILDHOOD*

**LESS SCREEN = MORE FAMILY TIME. IT’S A GOOD THING!**

- Builds family ties and fosters the family’s values and traditions.
- Provides opportunity for educational, cultural and physical activities.
- Promotes social interaction using all the senses.
- Decreases Isolation and compulsive screen use.
- Counters negative media and peer messages.  
AND it’s FUN!!

**SOME WAYS TO INCREASE FAMILY TIME**

- Calculate the amount of extra time the family had during “SCREEN FREE WEEK”
- Use some of that time for more socializing and physical activity.
- Put screens in open areas to reduce user isolation.
- Decide if TVs and other electronics need to be in kids’ bedrooms.
- Have media free family meals - conversation only.

**WATCH THE COMMISSION ON CHILDREN, YOUTH AND FAMILY “LEAN  
SCREEN” VIDEO at:**

<http://swoccstudios.pegcentral.com/player.php?video=df3a1a40cefbf9e6d94f1cd4a26d777d>

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AND FAMILIES**

<http://www.ci.farmington-hills.mi.us/Government/ChildrenYouthandFamilies/Overview.asp>