



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

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

- Kids are spending more time than ever before on screens: TVs, computers, game systems, cell phones, iPods and others.
- Kids 8-18 years old average over 7½ hours a day using entertainment media.
- About half of kids who are heavy screen users get fair or poor grades compared to about a quarter of kids who spend less than 3 hours a day on screens.
- About two-thirds of kids eat meals at home with the TV on, 45% say the TV is on most of the time at home and seven in ten (71%) have a TV in their bedroom.
- Kids in homes with many TV's spend an average hour and a half more time in front of the tube.
- About three in ten kids say their parents set limits on screen time, but when there are limits, kids spend significantly less time in front of screens.

From the January, 2010 report by the Kaiser Family Foundation, “Generation M”  
at [www.kff.org/entmedia/mh012010pkg.cfm](http://www.kff.org/entmedia/mh012010pkg.cfm)

### **SCREENS CAN ISOLATE KIDS FROM THEIR FAMILIES. SPENDING TIME TOGETHER AS A FAMILY PAYS OFF! HERE'S WHY –**

- It builds stronger family ties
- Allows more time to pass on values and traditions
- Frees time for educational and cultural activities
- Uses all the senses – sight, hearing, touch, taste, and smell
- Encourages face-to-face socializing important to a child's positive development
- Decreases Isolation and compulsive screen use
- Leaves time for more physical activity for better health
- Counters negative media and peer messages
- AND it's FUN!!

### **HOW DO YOU START TO BREAK THE SCREEN HABIT?**

- Participate in “Screen Free Week” - **APRIL 18 – 24, 2011**, sponsored by the Campaign for a Commercial Free Childhood. [www.commercialfreechildhood.org](http://www.commercialfreechildhood.org)
- Observe your family for a few days and note how much time your family spends watching screens
- Make it a family project to find ways to increase family interactions and limit screen time
- Agree to replace some screen time with time for socializing and physical activity
- Put screens in open areas to reduce user isolation
- Decide if TVs and game consoles really need to be in kids' bedrooms
- Have frequent, media free family meals and celebrate Family Day, September 26, 2011  
Information at [www.casafamilyday.org](http://www.casafamilyday.org)

For more information - [www.apa.org/topics/kids-media](http://www.apa.org/topics/kids-media);  
[www.childrennow.org/index.php/learn/medias\\_impact](http://www.childrennow.org/index.php/learn/medias_impact)

FARMINGTON HILLS/FARMINGTON COMMISSION ON CHILDREN, YOUTH AND FAMILIES  
<http://www.ci.farmington-hills.mi.us/Government/ChildrenYouthandFamilies/Overview.asp>