



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