



2 PowerUp by powering down. No more than 2 hours of Screen Time each day.

Screen Awareness

Is being too connected making us disconnected? Have you ever noticed what happens when “screens” are on? Usually you’ll see heads down, quiet, with everyone “in their own world”. Screen time can be from TV, computers, electronic games or texting. The problem is – it’s hard to connect when screens are on! Screens mean sitting instead of moving. Plus, if the focus is on screens while you’re eating, it can lead to eating too much.



Hey Kids...
If you went
screen-free, what
could you do instead?

“My family would
talk to each other
more.”
Jill, 13

“I would take my
dog for more walks
and read more
books.” Jacob, 12

“Play outside
more.” Brothers -
Lucas, 9 & Ian, 4

“I would do
gymnastics with
my friends and ride
my bike.” Ava, 7

“Have more family
fun nights, playing Monopoly or
going rock climbing.” Carter, 10



Screen Time Facts

The average school-aged child:

- Watches 1,023 hours of TV a year, and only spends 900 hours a year in school.
- Spends 7.5 hours a day on screens, but less than 25 minutes reading.
- Views about 5,500 food commercials a year — 98% of which are for foods high in fat, sugar and salt.

1 out of 4 kids get more daily screen time than recommended.

Good News — Kids use less when:

- Parents set limits on screen time.
- They are involved in activities or sports.

SCREEN TIME RECOMMENDATIONS (by the American Academy of Pediatrics)

Children 2 and Younger: NO TV or other use of screens

Children Older Than 2: Less than 2 hours (recreational use) a day

Want to Power Down Screen Time and PowerUp Play Time?

- **Try “block-out” times** – like NO screen time at meals, one hour before bed, or until chores or homework are done.
- **Set “screen timers”** – set a limit and a timer as a reminder to log off.
- **Create screen-free zones** – especially in bedrooms. Try a book instead!

Here is your chance to
Power Down and PowerUp!

National Screen-Free Week
April 28-May 4.



Parents — Is your family too plugged in?

Imagine a “screen-free” week with your family. Hmmm...what would it look like? Biking to the park, dancing, take a cooking class, go camping, fishing or hiking, go on a picnic, plan a neighborhood ball game, read, talk more or maybe just play. The possibilities are endless!

With **National Screen-Free Week** just around the corner, challenge your family to power down their screens and PowerUp with play! TELL US about your “screen-free week” at powerup4kids.org/screentime

To receive this newsletter electronically, visit powerup4kids.org

Let the Countdown Begin!



Register Now!
powerup4kids.org

Be Inspired
Come & Meet Local
"Biggest Loser"
Contestant
Lisa Rambo!

Hey!
Come meet me!
May 4th, 2013

WE powerUP the Valley Community Kick-off

May 4th, 2013 - 8:30 am to noon
Stillwater Junior High School

Cha Cha Slide World Record Attempt

Join Radio Disney and thousands of neighbors as we bring the Valley together and attempt to break the World Record for the most people doing the Cha Cha Slide dance! (If you don't know the dance, don't worry, we'll teach you!)

Join us for Family Fun - For all ages

PowerUp with one of a kind, crazy, fun activities:

- The PowerUp Countdown Obstacle Course
- Bounce Houses, Gourd Bowling, Face Painting, Mascots
- Tempt your taste buds with tasty PowerUp foods
- Discover new fun ways to PowerUp your family
- Win cool prizes and much more....

Local celebrities, leaders and PowerUp partners will be joining in the fun!

Register to attend the event visit powerup4kids.org or (651) 430-5200

