



Exploring

school-age children

Capital District Child Care Council

a tipsheet for parents and caregivers of children ages 5 to 13

SCREEN FREE WEEK IS MAY 4 - 10, 2015

Children and teens spend up to 75% of their waking hours in front of a screen (Source: Henry J. Kaiser Foundation, "Generation M2: Media in the Lives of 8-18 Year Olds," January 2010). Screen time can take time away from developmentally enriching activities. When children are in front of the screen, they are not exploring, playing, reading, solving problems, being creative, socializing, interacting with their family or being active. We can help children grow and thrive by setting and sticking to screen time recommendations.

While educational programming does exist, it should be viewed within the American Academy of Pediatrics guidelines of:

- Over age 2 years, no more than 1-2 hours of commercial-free, educational programming per day
- Screen time should not be used when eating or in the child's bedroom



Children learn best when they are actively exploring and interacting with their environment

10 Screen Free Activities

1. Use empty boxes to create an obstacle course, practice stacking, or create a fort
2. Have children act out a story as you read it
3. Make your own board game and play it
4. Make a scrap book
5. Make up a silly story. Type it, print it out and make it into a book
6. Create junk art masterpieces using recyclables
7. Create a music video or write and perform a play
8. Make play dough using one part hair conditioner and two parts corn starch
9. Build the tallest tower using different items such as playing cards, building blocks, toilet paper tubes or stacking cups
10. Create a set of "to do" notecards so the next time you need an idea the children can pull from the set of cards!

Official Website: screenfree.org

Check out this website with tons of active DIY games: familyfitness.about.com/od/productsandequipment/ig/DIY-Kids-Fitness-Equipment