Families encouraged to unplug during screen-free week

https://www.youtube.com/watch?v=c3UE\_L0tUwY

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***SCRIPT : (doc entier)***

***Rob BRAUN***:It ‘s a rather tall order: have your children turn off the television, the tablet, phone and computer for an entire week.

***Cammy DIERKING***: Yeah, good luck with that right.That is the idea though, behind "Screen-Free Week," which is now underway through Sunday, May 10. And the aim is to make kids more productive, and also healthier.

***REPORTER ?***: Ever feel like technology is taking over your family's lives? Now is your chance to disconnect.

It's Screen-Free Week, a week sponsored by the Campaign for a Commercial-Free Childhood; when families choose to go without watching TV, using the computer or playing video games. Instead, families are encouraged to try other activities and get some exercise.

The American Academy of Pediatrics recommends limiting the screen time of children over the age of two to no more than one or two hours a day. But experts said today's children and teens are spending about seven hours per day watching television or using computers, phones and other electronic devices.

Good quality programing and media can provide children with fun entertainment, exposure to other cultures and positive social values. But too much time in front of a screen can take its toll. Experts have linked excessive use to obesity, irregular sleep, a decline in school performance and behavioral problems.

There are strategies that families can adopt to limit screen time. Child experts suggest that parents keep TV's and computers out of a youngster's bedroom, discourage eating in front of the TV and lead by example : offer children other fun family activities to choose from.

***Rob BRAUN***: Good Luck

***Cammy DIERKING***: Yeah, right. Good luck to all of you.

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