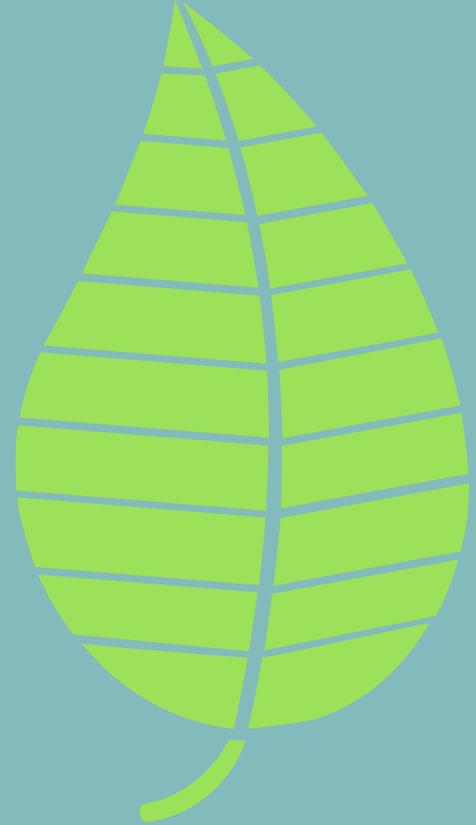
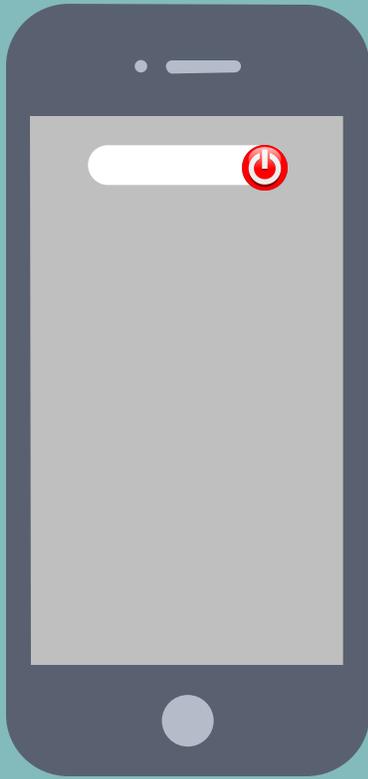


Unplug & Connect *To Nature*



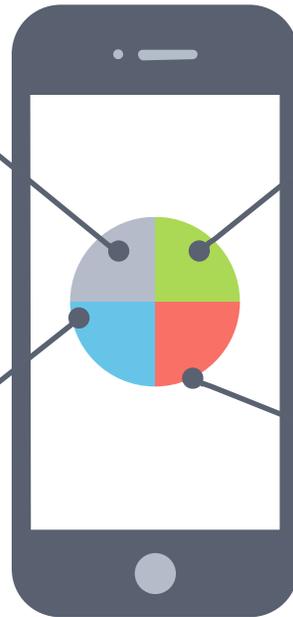
*It's about children growing
up happy and healthy*



Screen Time Can Include:

- Watching television
- Being on a computer
- Tablet or smart phone
- Playing video games

There's growing evidence that lack of time in nature is linked to rising rates of depression, attention deficit disorder, child obesity and other health conditions



- Screen time for children under 3 is linked to irregular sleep patterns.
- Screen time is linked to sleep disturbance in 6- to 12-year-olds

Research indicates that the more time children engage with screens, the harder time they have turning them off as they become older children

Connecting with nature:

- can improve memory and mood
- can have a reverse effect on children to the effects of the overstimulation from technology
- can help prevent childhood obesity
- encourages children to be more physically active, and be better able to engage in schoolwork in later elementary school.

Become a 'Screen Smart' family:

- Balance 'screen time' with 'real time'. Choose activities that encourage connecting with nature
- Ideas to connect with nature:
 - Go for a nature walk
 - Have a picnic lunch at a park
 - Go on a nature scavenger hunt
 - Go outside and collect items to make a nature collage
 - Take some books outside and read under a tree
 - Explore shells, crabs and rocks at the beach
 - Find shapes in the clouds

