



## Are screens taking over your kids' lives?

Kids aged 8-18 spend more than seven hours a day on average looking at TV, computer and mobile screens for entertainment.

### Screen-Free Week Is April 30-May 6

Try turning off the screens and turning on other activities--like reading, walking or hiking outside, playing games, or making something with your hands!

Your family may just like it so much they'll want to fit more screen-free time into their lives!

For more information visit [healthychildren.org](http://healthychildren.org)