

10 ways to combat the summer surge

1. Try making mealtime a “no technology zone,” that means cell phones too!
2. Agree on a set of media ground rules and stick to them.
3. Try having “screen-free” bedrooms for the summer.
4. Turn off Baby Einstein and other baby television shows and turn on reading!
5. Exercise your child’s imagination - encourage free play without rules!
6. Pay attention to and follow the rating system for movies, TV, and video games.
7. Create a media coupon system - kids get coupons and turn them in when they watch a program or play a video game. Unused coupons can be “cashed in” for a screen-free family activity.
8. On a rainy summer evening, host a family gaming night. Try Wii Sports or Guitar Hero!
9. Plug your kids into community activities like sports teams, art camps, swimming lessons and more!
10. Be MediaWise - watch what your kids watch and play what your kids play!