

Facebook Posts

Hashtag 1: #GoScreenFree

1. From April 29-May 5, 2019 @EAHSCuyahoga is celebrating @NationalScreenFreeWeek to rediscover the joys of life beyond the screen. Plan to unplug from digital entertainment and spend all that free time playing, reading, daydreaming, creating, exploring, and connecting with family and friends!
#GoScreenFree



2. (Your organization's name) is celebrating @Screen-Free Week (April 29 – May 5), the annual celebration where children, families, schools, and communities around the world swap digital entertainment for the joys of life beyond the screen. What would you and your family do with an extra 20, 30, or even 50 hours a week? Visit www.screenfree.org to learn how to get involved and join in the fun! #growinghealthykids @EAHSCuyahoga



3. Families, teachers, ECE providers, churches.... Anyone can take the pledge to #GoScreenFree! Send us pictures of your pledge cards to be featured @EAHSCuyahoga! <http://earlyageshealthystages.com/resources/eahs-materials/>

PLEDGE CARD

I, _____,
pledge that during the week of _____,
I will only use screens when they are required for
school. I will not: **1)** watch TV or videos; **2)** play
games on tablets, websites, phones, or consoles;
3) surf the web; **4)** use social media.
Instead of spending time with screens, I will:

Remember to encourage your friends and family
to go screen-free!

 Presented by Campaign for a
Commercial-Free Childhood
www.screenfree.org

4. Looking for some tools to help you #GoScreenFree? Check out this week-long activity log to track your activities during #ScreenFreeWeek2019 or any week of the year! <http://earlyageshealthystages.com/resources/eahs-materials/>



5. @Screen-Free Week is a fun way to reduce dependence on television, video games, smartphones, tablets, and computers. It's a chance for children—and adults—to power down and reconnect with the world around them. Visit www.screenfree.org to learn how you can get involved!



Hashtag 2: #ScreenFreeInCLE

1. Looking fun, family outing to go #ScreenFreeInCLE? The Cleveland Metroparks Zoo @clemetzoo is FREE for Cuyahoga County residents on Mondays! Click here for more information and plan your trip today?
<https://www.clevelandmetroparks.com/zoo/visit/tickets>



2. Is a rainy day putting a damper on your screen free plans? Go #ScreenFreeInCLE with our friends at The Children’s Museum of Cleveland @CMC_Cleveland! We love that CMC offers discounted prices to families with Ohio EBT cards, too!
#Museumforall <https://cmcleland.org/hours-directions/>



3. We get it: finding screen-free activities to do indoors can be challenging... and expensive. Luckily, you can #GoScreenFreeinCLE by checking out toys from Cuyahoga County Public Library @cuyahogalib. All you need is a library card! <https://www.cuyahogalibrary.org/Borrow/Toys-and-Bookable-Kits.aspx>



4. Unplugging from screens means plugging into community. This is a great week and way to visit Cleveland's Rockefeller Park Greenhouse, of particular interest to kids is the room full of cacti and other plants. #ExploreYourCommunity #ScreenFreeInCLE #NSFW

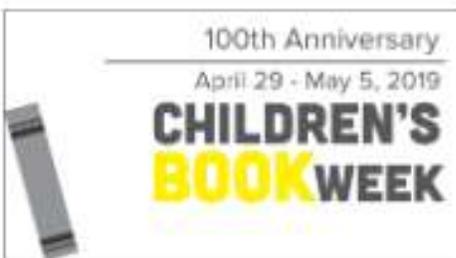


5. Playgrounds are a great way to go #screenfreeinCLE. To find a list of playgrounds in your neighborhood, visit: <https://mapofplay.kaboom.org/>

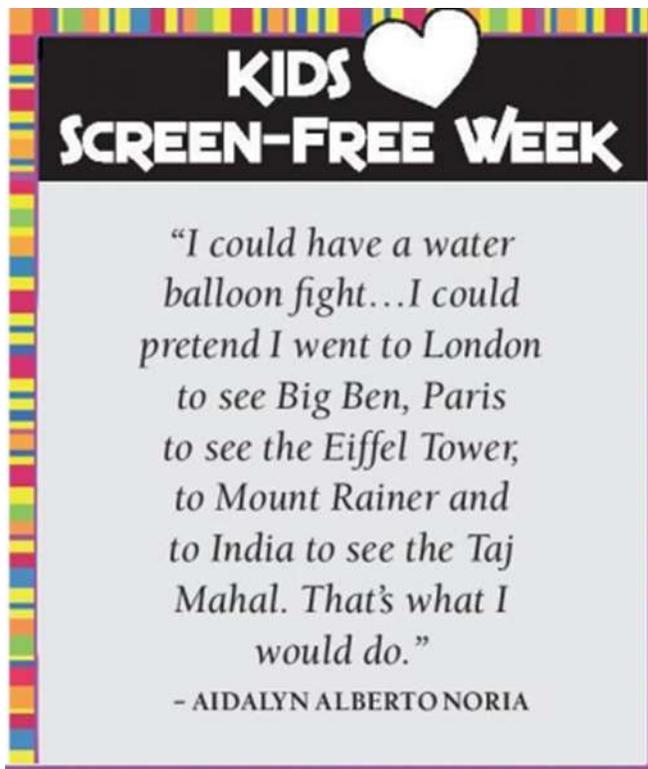


Hashtag 3: #PlugIntoReading

1. Did you know that #NationalScreenFreeWeek and #ChildrensBookWeek are the same week? Celebrate both and #PlugIntoReading with these great books about going screen free! <http://earlyageshealthystages.com/resources/eahs-materials/>



2. Spending time offline helps children discover new worlds! Unplug your devices and #PlugIntoReading.



3. #PlugIntoReading with Storytime events! @cuyahogalib has storytimes for babies, toddlers, preschoolers and families at all of their branches. Check the events calendar for more info:

<http://attend.cuyahogalibrary.org/events?t=Storytimes&v=list&r=thismonth>



4. @Cleveland_PL has a tons of resources to help your family #PlugIntoReading!
<https://cpl.org/aboutthelibrary/subjectscollections/youth-services/kids/>



5. You don't need it to be #ScreenFreeWeek2019 to #PlugIntoReading! These action steps build literacy skills all year long!

Literacy Action Steps for Screen-Free Week and All Year Round:

- **Books! Books! And more books!**
- **Visit the library or your local book store.**
- **Eat screen-free meals together and talk!**
- **Play word games.**
- **Tell stories.**
- **Draw pictures and tell stories about them.**
- **Encourage young children to dictate stories.**
- **Read poems out loud.**
- **Make up poems and rhymes.**
- **Make up songs.**

Hashtag 4: #ReduceScreenTime

1. Having trouble getting little ones to sleep? Did you know that time spent with screens is associated with sleep disturbances, attention span issues, and childhood obesity? #ReduceScreenTime to build healthy habits for life. #growinghealthykids

BEDTIME ROUTINE:

- Give children time to relax before bedtime.
- Go to bed and wake up at the same time every day.
- Sleep in a quiet, dark, and relaxing environment.
- Read a story or sing a lullaby.
- Remove distractions, including TVs, computers, and other “gadgets” from the room where children sleep.

2. A little bit of screen time here and there can add up to a lot! Children ages 2-4 spend 2 hours and 40 minutes a day with screen media. Learn more about how to #ReduceScreenTime: <http://www.pbs.org/parents/expert-tips-advice/2017/10/screen-time-kids-insights-new-report/>



3. Do you know what kind of screen time is best for your little one? The American Academy of Pediatrics says children ages 2-5 years should have no more than 1 hour of supervised screen time per day. That hour should include “high-quality programs. Help your kids’ #reducescreentime with 101 Screen Free Activities:

<http://earlyageshealthystages.com/resources/eahs-materials/>



4. Are you looking for some more information to #ReduceScreenTime? Checkout the **Nemours Foundation** website. Download the screen time reduction toolkit at : <http://mihealthtools.org/childcare/documents/Screen-TimeReductionToolkit.pdf>



5. Let's #reducescreentime during the childcare day by using physical activity breaks for kids. For fun tips and tricks, try using a Ring of Fun!
<https://www.columbus.gov/publichealth/programs/Healthy-Children-Healthy-Weights/Ring-of-Fun-Activity-Cards/>



5. Hashtag 5: #GoOffLine

1. Family meals can ensure healthier eating, especially when they are screen-free. They are linked to healthier behavior and closer child-parent bonds. #GoOffLine for family meal time!



2. As the weather is changing and the sunshine begins to come through it's a perfect time to #GoOffline and get your family outdoors. Quality time outdoors leads to memories that last a lifetime!



3. Are you a teacher looking for tools to help children #GoOffline and #GetOutdoors? Check out this list of resources from @commercialfreechildhood to connect kids to nature!

http://www.commercialfreechildhood.org/sites/default/files/NTN_ResourcesList.pdf



4. "Physical activity is related to better cognitive health and effective functioning across the lifespan." Dr. Charles H. Hillman. #GoOffline with your family today!



5. Interactive play is an essential pathway toward social development for children. It helps them explore their world and figure out how they fit into it. Learn more about how to #GoOffline : <http://www.pbs.org/parents/expert-tips-advice/2016/01/kids-and-screen-time/>



Sample Tweets:

We're going screen-free w/ @CommercialFree April 29 – May 5. You can too! Here's how:
<http://www.screenfree.org> #ScreenFreeWeek #growinghealthykids

What would your kids do w/ an extra 20, 30 or even 50 hours a week? Celebrate
#ScreenFreeWeek April 29 – May 5! <http://www.screenfree.org>

Kids 8-18 spend more time w/ screens than any activity but sleeping. Celebrate
#ScreenFreeWeek April 29 – May 5! <http://www.screenfree.org>

Rediscover the joys of life beyond screens. Celebrate #ScreenFreeWeek April 29 – May 5!
<http://www.screenfree.org>