

# DOWNLOAD PDF UNPLUG! 101 WAYS TO PULL YOUR KIDS AWAY FROM TELEVISION

## Chapter 1 : A Pirate School: How To Get Your Kids To "Unplug"

*Amazon Giveaway allows you to run promotional giveaways in order to create buzz, reward your audience, and attract new followers and customers. Learn more about Amazon Giveaway This item: Unplug! Ways to Pull Your Kids Away from Television.*

Finding minimalism in a world of consumerism. I use it almost every day. And I would never, ever argue against the responsible use of it. However, that being said, it is becoming increasingly obvious that our world is developing an unhealthy attachment to it: But we need to be reminded again and again: Technology has a power-off button. And the wisest of us know when to use it. Powering-down helps remove unhealthy feelings of jealousy, envy, and loneliness. Researchers recently discovered that one in three people felt worse after visiting Facebook and more dissatisfied with their lives. Certainly, not every interaction with Facebook is a negative one. But typically, our own experience validates their research. From family happiness to body image to vacation destinations to the silly number of birthday greetings on a Facebook wall, the opportunity for envy presents itself often on social media. Powering-down for a period of time provides opportunity to reset and refocus appreciation and gratitude for the lives we have been given. Powering-down combats the fear of missing out. Scientifically speaking, the Fear of Missing Out FOMO has been recognized as a recently emerging psychological disorder brought on by the advance of technology. The premise is simple. Our social media streams are ever-filled with everything happening all around us. Nowadays, we even see the plates of food our friends are enjoying. And within this constant stream of notification, our fear of being left out continues to grow. Turning off social media and finding contentment in our present space is a welcome skill. Solitude is harder to find in an always-connected world. Solitude grounds us to the world around us. It provides the stillness and quiet required to evaluate our lives and reflect on the message in our hearts. In a world where outside noise is coming quicker and louder than ever, the need for solitude becomes more apparent and easier to overlook. True solitude and meditation will always require the intentional action of shutting off the noise and the screens. Life, at its best, is happening right in front of you. Our world may be changing. But the true nature of life is not. These experiences will never repeat themselves. These conversations are unfiltered and authentic. And the love is real. Powering-down promotes creation over consumption. Essentially, most of our time is spent in one of two categories: Certainly, technology can contribute to creating. For example, this article was written created on a computer. But most of the time we spend in front of technology is spent consuming playing video games, browsing the Internet, watching movies, listening to music. It needs more creating. It needs your passion, your solution, and your unique contribution. And begin contributing to a better world because of it. Addiction can only be understood when the object is taken away. Through a recent technological fast, I learned something about myself. I learned I am far more addicted to technology than I would have guessed. We can never fully realize our level of addiction until the item is taken away. Life is still about flesh, blood, and eye contact. There are valuable resources online to help us grow and evolve. I have been enriched by the connections I have made and the friends I have met. But no matter how much I interact with others through the miracle of technology, there is something entirely unique and fantastic about meeting face-to-face. The experience of looking another person in the eye without the filter of a screen changes everything. And spending too much time looking away from them does a great disadvantage to my soul and theirs. How then, in our ever-connected world, might we take appropriate steps to find balance and intentionality in our approach to technology? If you need help getting started, try one or more of these helpful tips to unplug and find space: Commit to not turning on technology during your first waking hour. Blocking out that one hour to focus on meditation or your upcoming day will help you wisely shape the other Choose a specific period of the day to intentionally power-down. As mentioned above, this may be the first hour of the day. Or maybe the last hour of the day works better for you or maybe lunch, dinner, or the hours just before your kids go to bed. The specific time of the day is not important. What is important is the

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discipline of learning when and how to power-down. Choose something that works for your specific lifestyle and stick to it at all costs. There are a number of Internet tools that can help you better manage your time online. Freedom will disable your entire Internet connection for a time period set by you. Facebook, Gmail, Twitter, your favorite blog for a period of time, but still have access to the rest of the web. I have found great value in choosing 40 days each year to power-down unnecessary apps leaving only phone and text privileges on my phone. And I have completed the exercise each of the last two years. It has taught me about technology, relationships, and myself. Whether it be for one weekend, one week, or 40 days, there is great value in taking an intentional extended break from technology. And get started right away. Your life is waiting. Learning to power-down technology is an important life skill with numerous benefits. It is becoming a lost art in our ever-connected world. But the wisest of us take time to learn the discipline. And live fuller lives because of it.

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## Chapter 2 : How to unplug from tech on your vacation

*Product Dimensions: x 11 x inches Shipping Weight: ounces (View shipping rates and policies) Domestic Shipping: Item can be shipped within U.S.*

Unplug the Family From Hollywood December 17, , fbns wayoflife. One of the wisest things parents can do today is throw out the television altogether, except for watching educational programs and perhaps some carefully selected movies, and the selection of the latter will be slim indeed. In looking back on my childhood growing up in a Baptist church, attending services at least three times a week, the two major influences that stole my heart for the world were public school friendships and television programs. We got a television when I was about eight years old , and though the programs were nothing like they are today, they certainly did not encourage me spiritually. We got our television about a year after Elvis appeared on the Ed Sullivan Show. I was in high school and about that time my parents were having a lot of problems and had pretty much given up on trying to keep me in church. I had already started drinking and carousing around with my buddies every weekend. One of my sisters gives the following testimony: Like a drug, it was altering my mind. When I gave my life to the Lord in , I realized how much of my life had been adversely affected by the media and television. The Lord cleansed my mind as I read His Word and replaced the vain, man-centered philosophies with Truth. Church was boring; television was fun. These are extensive and there is some repetition, but I believe that it is important to publish them in order to offset the status quo that exists even in most allegedly staunch Bible-believing churches today. The result has been wonderful! We are no longer couch potatoes. We enjoy the quietness in the home. We enjoy more time spent with Father God. We do more out of doors activities--walking trails, driving to the mountains, etc. Real family time is getting closer to God and developing an intimate, passionate, and personal relationship with Jesus! Besides not being fit to watch, it was a big waste of time. We feel that our family unit was much stronger because of the lack of television in the home. Our children got better grades when they were in Christian School. The teacher actually guessed that we did not have television. It is also a blessing to see our grown children and their families serving the Lord without having a television to hold them back. When we got rid of the TV, we spent more time talking as a family and also played various games for our family time. We had met in a liberal church before switching over to a Bible-believing church. He had a big screen TV and I told him that I would not move in with him after we got married if he put the TV in our house. After about six months of marriage he thanked me for being so adamant. It took a long time for him to lose his addiction to using it to wind down after work but if you can get away from it long enough you become re-sensitized to the filth on it. My daughter is different than other girls from families that have cable or satellite. She is not fashion or boy crazy. She does not try to fit in with the in crowd or impress people with her personality. She is a kid the way kids are supposed to be, innocent to the wicked world around her, and for that I give praise to God. Not to mention the incredible temptation to lust in pretty much every commercial and TV program. We spend time reading, just being together as a family, and studying. Their conversations have also changed from what they watched to what they have done. We have a family devotion and Bible reading time and the children read more. As far as movies, we first look up to see the content and mostly watch Christian movies. We also view videos about prophecy and Biblical subjects. If these get past our checking ahead of time we turn them off when the offense occurs. Enslaved is actually the word, so I had to eliminate it. Now we have a lot of time for the family. We do Bible study after dinner every day and play games with the kids. My wife and I have more personal time. We use a projector and a laptop to play movies which we may and usually watch on a Friday night. We are also careful as to the message the movie portrays and the music. When I started going to church and then through Bible College, where there were no televisions, I realized how much it had influenced the way I thought and perceived life. When we got married we decided not to have a television and have been thankful for it. Not to mention having to continually turn the commercials off. It got so annoying you either wanted to just leave it

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alone and not turn it off or miss something if you did turn it off. Unfortunately, leaving it on would win, and being aware of this we solidified in our minds we would not have a TV in our home, or cable for that matter. Both the programming and the commercials are written by non-Christians who are trying to influence others with their pagan humanistic philosophies and lifestyles. After that, we realized we would benefit from eliminating the TV altogether, especially with the commercials aired during an otherwise decent program. We find that the time is better used because the children play together more. My wife and I communicate more and better now that we do not have the television to capture our attention. Our children are also now ignorant of the current trends and shows, for which we are grateful. The children play together more and better. I believe television dulls the senses in these areas and we become calloused and complacent concerning things that should be offensive to a Christian. I do more Bible study in the evenings or just spending time enjoying the outdoors with my wife. I knew the Holy Spirit dwelling in me was not comfortable watching and listening to what was on commercial television. We even tried just subscribing to nature and family channels for awhile, but the commercials on those channels advertising other networks were just as bad as the shows themselves, so we had to give it all up. I am not de-sensitized to evil. I am shocked at the commercials. If no one else is watching it, I turn it off. Because I am not bombarded with commercials for more stuff, I am content with what I have. A specific application of this contentment is that my first car lasted me 19 years. More hours in my day. It was full of the worldliness that we were trying to keep our kids away from. We noticed that even the commercials were wicked. The kids would begin to mimic what they watched. We have never regretted eliminating TV from our lives. We have played many family board games, done crafts, exercised, and most often had family read-aloud times. Mom finds a great book to read aloud. She uses expression and different character voices to make it even more interesting. As the family listens, we laugh together, sometimes cry, and even get angry together. It allows us to discuss the book after the reading, and we find that everyone looks forward to read-aloud time. They even beg for it! As for videos, we watch mostly on weekends. If there is any cursing, sexual situations, New Age, disrespect to authority, etc. Most of our DVDs are old movies, black and white, or educational. Some internet has taken the place of TV but only in a research capacity. We have received some criticism from extended family members. They mock our decision by telling us we are too overprotective. It has hurt the children as it comes from their grandparents. Also, when they have seen their pastors watch regular TV it has caused them to become disappointed that a man of God has not seen the obvious sin. Regardless, it has given us an opportunity to show the children we live to please God, not man, and we are all responsible for our own choices. We play games, spend time doing other activities. We have limited Christian movies, documentaries, and other morally clean movies. We avoid profanity, nudity, crudeness, bad behavior, unacceptable behavior that is being taught or insinuated is ok, sexual overtones, etc. The younger two play outside a lot; another loves to read. It was a time waster, and the four-year-old was demanding to watch a favorite show of his when it was supper time. We did not want the TV to run our family schedule. Along with home schooling, that has been the best decision we have made for our family. Our family felt closer together; the children had time to develop hobbies, and did not have the interest in worldly music, Hollywood, clothing, etc. It definitely led to the better opportunity for them to develop spiritually without those distractions. Our kids did a lot of reading, playing games together and developing their hobbies like piano playing and 4-H activities. We have found the children are not questioning our authority like they used to. They do not follow the latest fads that come and go on TV, and are consequently less likely to ask i. We are not allowing social trends into our home that teach anti-biblical consequences such as promiscuity , so our children are much more innocent and wholesome than otherwise would be the case.

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## Chapter 3 : Screen addiction in children: How to break your child's iPad habit

*This is a book full of ideas to help lure your kids away from the enticing glow of television and into the world of creativity and imagination. It's motivational and practical - a good resource for anyone who works with kids - parents, teachers, grandparents, homeschoolers, group leaders, and baby-sitters.*

Do your kids spend too much time indoors playing with electronic devices? Are you wondering how to get them outside to experience the wonders of nature? Children and the rest of us are enamored with our electronic gadgets. We have been sold a bill of goods about the value of having a digital life. In a study, the Kaiser Family Foundation found that the average young American ages spends practically every waking minute—except for time in school—using a smartphone, computer, television or other electronic device. One way to measure is by what we have lost or traded. It sparks a challenging conversation about kids growing up in a culture detached from nature, and makes a strong case for children playing in the great outdoors. You assumed that your children and their children would cherish these gifts forever. Instead, what you see is a generation that suffers from what Louv calls nature-deficit disorder. Paul, a character in the book and a fourth-grader in San Diego, puts it this way: For many children in America, playing in nature is unproductive, off-limits, alien or even dangerous. But even they know that something is missing. Children need to live through their senses and since the natural world is the primary source of sensory stimulation, freedom to explore and play with the outdoor environment through the senses in their own space and time is essential for healthy development. What Studies Show Meanwhile, studies cited in the book confirm what we already know—that nature promotes the healthy development of children: A recent study in Denmark compared two groups of children: Children in the nature kindergarten were found to be more alert, better at using their motor skills and significantly more creative. In addition, the more creative children emerged as leaders in natural play areas. Spending time in nature helps kids be more alert and creative, it improves motor skills, develops leadership and helps minimize symptoms of ADHD. Another study suggests that nature may be a useful therapy for kids with ADHD. Some researchers now recommend that parents and educators make available more natural experiences—especially green places—to kids with ADHD to support their attention function and minimize their symptoms. What Parents Should Know The book has a simple message for parents—teach them to experience nature. For example, do you really need a backseat flip-down video screen to entertain your kids during road trips? Believe it or not, the highway has a lot to offer. Encourage your kids to take photos of beautiful landscapes during road trips. Turn off the on-board DVD player. Show your kids the beauty of nature and encourage them to capture the landscapes they see. Half a century ago, children learned how cities and nature fit together from the back seat—the fields and farmhouses, the different architecture here and there, the woods and the water—all of these are still available to your children. Here are 12 of them: Tell your children stories about your special childhood places in nature. Then help them find their own: This will become their place of intimate connection with nature. Teach children to connect with nature and find their own special places outdoors. Look for nature adventure books, particularly those with young protagonists. Make them go outside and build something check out Family Education. Even on rainy days, you can show them the joys of puddle stomping, ditch damming and leaf boating! Introduce your kids to the joy of puddle stomping and other outdoor fun. Go on a moth walk. Then go outside at sunset and spread the goo on six trees or unpainted, untreated wood. Depending on the season, you might find moths, ants, earwigs and other insects. Collect lightning bugs at dusk, release them at dawn; Make a leaf collection; Keep an aquarium or go crawdadding tie a piece of liver or bacon to a string, drop it into the pond, and wait until a crawdad tugs. Teach your kids to go crawdadding or fishing—old traditions you enjoyed as a child. Encourage your kids to go camping in the backyard! Buy them a tent or help them make a canvas tepee, and leave it up all summer. What better way to bond with your children than to walk in the woods together? Encourage your kids to listen to animals calling or watch for things glowing. Take a hike and encourage kids

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to discover the world around them. In some parts of the country, a truckload of dirt is the same price as a video game. Why not buy a load for your kids plus plastic buckets and shovels and get dirty together? Invite nature into your backyard. Build a birdhouse or a bat house or replace part of your lawn with native plants. Invite kids to learn about animals and plants. View nature as an antidote to stress. They usually have more free time or more flexibility than parents. They also remember when playing outside was considered normal and expected of children. Watch the sunset, look at the clouds, find a tree to climb. Be a cloudspotter or build a backyard weather station. No special equipment or clothing needed to be a cloudspotter. I was curious to see how the kids whose daily experiences are mostly electronic interacted with plants, animals and the outdoors. Most of our time was spent exploring trails, smelling leaves, catching insects, listening to birds or turning over logs to see what was underneath! There are so many things to discover outdoors. I believe parents will have a change of attitude toward the outdoors. If you live in a city or suburb, this book is even more important! On the downside, the book is unnecessarily long. I understand his passion, but the author tends to get rather long-winded in some sections. That said, read it at your own pace and feel free to scan through certain sections. Either way, it contains very important discussions about things that every parent should know. What do you think? Do your children spend much time outdoors? Why or why not? Please leave your questions and comments in the box below.

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## Chapter 4 : Fun Questions to Ask Your Kids at Dinner Time - Our Three Peas

*Wanda Kanten Hartfield is the author of Unplug! Ways To Pull Your Kids Away From Television ( avg rating, 0 ratings, 0 reviews, published ).*

Focusing less on creative activities. Communicating in brief snippets, which hinders their vocabulary, creativity, social skills, ability to connect emotionally, and non-verbal communication. They need time away from screens to relax, rest, and recharge. It may seem so easy to just turn on the TV or sit our kids in front of an iPad to entertain them while we get stuff done around the house. So how can we reduce our dependence on electronic babysitters and find a balance between sanity and screen time? Here are six tips for you to try in your home: Pulling the plug completely will also help your children to stop relying on the television for entertainment and force them to find new ways to entertain themselves. I bet you will be surprised how fast the whining stops! Set Strict Time Limits When you reintroduce the privilege of screen time, set strict time limits and stick to them. Parents become addicted to the easy tech breaks just as much as kids get addicted to the entertainment, so this is a challenge for both of you. Use a timer to make sure the limits are respected, and when the timer goes off, so do the electronics. Embrace Boredom Remember that boredom is not a disease that needs to be cured. Boredom also fosters creativity and imagination. They will figure it out. Take your child to the beach and watch them play in the sand for hours. Walk in the woods and let them discover how sticks and rocks make better toys than Legos or Matchbox cars. Send them out into the backyard and see how they entertain themselves with simple pretend play. If they are past the age of napping, suggest that they look at books in their room or play quietly and independently with toys. While it might not feel blissful the first day you institute your new quiet time policy, if you are firm with your expectations your kids will catch on quickly. This will then become a time that they look forward to every day. Explore Audiobooks You do not have to completely give up electronics when you give up screens. Your child will love hearing stories, and you will love that you do not always have to be the one that reads them. Technology adds so much value to our lives, but it can also detract from our parenting if we rely on it too heavily. As parents, we need to make sure we are not only taking care of our kids, but we need to take care of ourselves as well. With a little effort, we can train our kids and ourselves to be less dependent on electronic babysitters. The end result will be happier, healthier children who are more creative and independent.

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## Chapter 5 : 12 Ways to Help Your Kids Break Free From Electronics and Get Outside | My Kids' Adventure

*Parents need to encourage their children as well, to unplug from technology and get back to basics, like playing outside, doing arts and crafts, engaging in physical activities, and reading. "Commit to being unplugged one hour a day, spending focused and connected time with your children.*

Simon and Schuster Format Available: But parents do know this much: In this book, parent and scholar David Dutwin, Ph. Organized in three sections, this practical, prescriptive book offers a balanced - and realistic - approach for every age, including how to: This guide arms parents with all the tricks and tools they need to make sure their kids remain happy, healthy, active, and aware, no matter how pervasive the digital world we live in becomes. Dr Cindy Bunin-Nurik Language: Unplug and Get Connected! Cindy Bunin aka Dr. Buttinsky shows busy parents how to unplug and get connected to their children - toddlers through teens. Unplugged time means being present when you are interacting with your child, regardless of his or her age. Therefore, it is necessary to let your children know that you really care, by being attentive and listening to what they have to say. This no-holds barred, straightforward, practical guide provides over fun, exciting and simple ways for parents to unplug and reconnect with their children. You will not be reading pages and pages of overwhelming research, and still be left without the answers you are searching for. When you are finished reading this book, you will have the knowledge that you need to live in this technological world and know how and why it is important to connect with your children. Technology is a very important part of our lives, but it has its place and must be kept in check. Parents need to encourage their children as well, to unplug from technology and get back to basics, like playing outside, doing arts and crafts, engaging in physical activities, and reading. You will be so happy you did!.. Liat Hughes Joshi Language: This sanity-saving collection of ideas and inspiration will help your children swap the screen for the sunshine and start getting more out of life. Split into bite-sized chapters, from fun indoors to activities on the go, food and cooking to science and nature, this book is packed with activities for all ages of children from preschoolers to even the most jaded, screen-obsessed teens and the kid in all of us too.

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## Chapter 6 : Unplug | Dr. Roger D. Butner, LMFT â€” HopeForYourFamily

*9 tips for helping your child unplug from screens Your child might happily sit in front of a computer all day, every day - but there can be health consequences to that.*

Posted on January 15, by Roger Butner Do you ever just feel like your teen lives a world away from you these days? Oh, she still sits at the dinner table with you sometimes. And he still sleeps in the same old bedroom in the same home with you. But it just feels like your teen has disconnected. Like he or she is really living somewhere else altogether. Recognize that it is a normal, healthy dynamic for teens to feel an increasing pull away from home and family toward friends, a special someone, more personal interests, and some kind of life-calling. The transition and process of this normal pulling can be very different for different teens and different families, and it can certainly be tumultuous and problematic at times. But we do well as parents to remember that, fundamentally, it is normal. And rather than fighting them in this process, we will all be better for it if we guide them in this process. If we actively help them expand their lives in healthy ways, we continue to have an important place in their lives. If we jealously or angrily scold and gripe, we risk cutting our kids off from us prematurely. As normal as this shift may be, it may be happening more abruptly than it should be, thanks to one simple, yet powerful piece of technology: Headphones are an amazing invention, and they have come a long way in the last decade or so. Whether your teen uses earbuds, Beats, Airpods, or whateverâ€”headphones facilitate privacy when engaging in digital entertainment and communication. At face value, this is neither good nor bad. It is just an option. But as parents, we hold a responsibility to monitor if and when our teens are defaulting to headphones so much that they lose their healthy connection with other elements of the real world around them. And so, sometimes we simply need to tell them to unplug. Be part of the family. Contribute to the conversation. Share their thoughts with the rest of the room. Offer a vote toward a group decision regarding an activity or form of entertainment. Sure, you might catch an eye-roll from your teen when you issue the parental dictate to unplug. And so will your teen. Just be willing to insist they take a healthy break from the ears now and then.

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## Chapter 7 : Unplug Your Kids | Download eBook PDF/EPUB

*Encourage your kids to go camping (in the backyard!). Buy them a tent or help them make a canvas tepee, and leave it up all summer. Buy them a tent or help them make a canvas tepee, and leave it up all summer.*

Fifty-two percent of Americans report having unused vacation days at the end of the year, according to a recent survey of more than 4, U. And then when we are on vacation, we check the phone. We fear missing out. We dread coming home to 10, unread emails. It benefits both us and our employers, because we often return with new ideas and new energy. Trouble is, nobody does those things. More Set expectations Before you go, tell your family or companion what amount of digital involvement you intend to have. That way, you feel guilty if you check your phone during the day, and they have permission to nag you if you do. If you write to them, the auto-response email says: Everybody understands, and life goes on. If you find yourself tempted, delete the apps from your phone. When you return from vacation, you can reinstall them, and no data will have been lost. You can really be present, really explore your surroundings. Maybe you can even leave it in the hotel. Fight apps with apps Apps can help. For the iPhone, Onward blocks the apps and websites you set up in advance. It tracks how much time you spend in each app and sends you a report. It can also limit how much time you spend in each app, and it has a Focus Now button that turns on the blocking. Story Continues Offtime left and Onward right can limit the time you spend in your communication apps. More The vacation account If fear of missing out is keeping you from ignoring your email, take this radical approach: Give that address to your boss, spouse, children, colleague, or assistant. Let your regular email accounts go un-looked-at. This new app will track how much time you spend in each app, lets you set up daily time limits for each app, and shows how many times a day you wake your phone. In the meantime, use these human hacks to keep your mind off of workâ€”and on your vacation. David Pogue, tech columnist for Yahoo Finance, welcomes comments below. You can sign up to get his stuff by email, here. Read more by David Pogue:

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## Chapter 8 : PowerHouse : Ways to Save Energy

*It could all be a nail in the coffin of family life - but, thankfully, author Liat Hughes Joshi has other ideas, with her new book, [How To Unplug Your Child: Ways To Help Your Kids Turn Off Their Gadgets And Enjoy Real Life](#).*

I have heard many parents say that it is often used as a last resort. Throwing tantrums can be a sign of a tech addiction. I was at my local shopping centre the other day when I was jammed into a lift with about 10 other people. We were all gathered around a young boy sitting in a trolley whose eyes were stuck to an iPad screen. Not once did he look up to see the people around him, nor did he pull his gaze away from the screen when the others in the lift tried to interact with him. He was completely in his own world. With this and many other instances where I have witnessed young children who are completely disengaged from the world I have to ask: When I was a child, my parents taught my brother and I to engage with people at the dinner table and make eye contact when someone spoke to us. What I fear is that children will lack this type of development if the addiction to technology prevails. There are some who argue however, that technology helps with educating children. Interactive media on phone and tablet helps the retention of taught material; as opposed to videos or TV, where the child simply watches and observes. The interaction required to facilitate this type of learning is apparently just as effective as real-life encounters, according to a study. While educationally this technology could be proven to be beneficial, some child psychologists say that handing over an iPad to a tantrum-wielding child could hinder their emotional development. Here are some ways: In her book, *The Big Disconnect: Protecting Childhood and Family Relationships in the Digital Age*; she maintains that children under the age of two should not ever be placed in front of a screen. For preschoolers, Steiner-Adair recommends restricting screen time and make time for old-school play. Pull out your old train set or wooden blocks, play hide and seek or play with dolls. Physical play helps stimulate creativity and imagination. Going on a road trip? Put the iPads away and encourage your children to stare out the window, or sing along to the radio. Take them with you when you go grocery shopping and instead of sitting them in the trolley with your mobile phone, get them to help select groceries and become involved in what you make for dinner. It also helps especially with pre-teens to have a family tablet or device. This helps limit the opportunity for the children to take the devices back to the room. And in absolutely no circumstances should the tablet or device be taken with them to bed, according to Steiner-Adair. Many will use them as a diversion from doing things they may not want to do. Instead of removing the device during hours they may be using it to de-stress or fill up spare time; provide your children with alternatives to sitting in their room staring at a screen. Encourage them to try a hobby or even sign up to a sports team. Let them fold clothes and sort through laundry and teach them about different fabrics and how to look after them. Always keep your children busy. Establish rules, encourage time during the day to have a conversation. Go outside, show them the games you used to play in the backyard. Maybe even introduce digital-free weekends to encourage long periods of non-technological activity.

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## Chapter 9 : Digital Detox - Unplug - Watch TV - Screen Time - calm child

*Your kids will soon learn this as they spend more time away from TV. Another way to promote non-screen time is by scheduling a family game night. Take a vote on which board game to play and have at it.*

So, how can we live a simple life in a fast-paced, complex world? Avoid debts, if at all possible. Avoid costly medical bills by adopting a whole foods, plant-based diet. Prep meals for the week ahead of time. Make your own beauty and hygiene products at home. Only keep the clothes you actually wear, and give away the rest. Start a garden, compost your food, and cut down on your weekly grocery bill. Every time you buy something new, get rid of something old. Have designated days to do laundry. Drop your cell phone plan, and use the Wi-Fi in your home or Internet cafes instead. Live closer to nature. Live within your means. Adopt an attitude of gratitude. Smile like you mean it. Have a set time each day to check social media and stick to it. Cancel your cable bill if you rarely watch TV. Spend time outdoors as much as possible. Let go of the past, and live in the present. Try to use natural remedies for ailments when possible. Try to buy energy-efficient appliances. Automate your bill payments. Listen more than you talk. Laugh at least 30 times a day. Take relaxing baths in Epsom salt and lavender oil. Have friends who inspire you. Distance yourself from energy vampires. Write down your goals, and go after them. Pack what you need for a flight in a carry-on bag only to avoid baggage fees. Consider buying a used car instead of new. Downsize when you can. Become a warrior, not a worrier. Turn your passion into your job. See if you can work from home if possible. Spend at least one day a week entirely in nature. Speak gently to people. Make your own dog or cat food for pets cheaper and healthier. Buy locally grown produce. Only buy new things when old things break. Avoid letting your emails pile up. Organize your computer files. Limit your time on social media. Go with the flow. Tackle problems before they get out of hand. Say what you mean, and mean what you say. Have a home gym to avoid paying for a gym membership. Or, make nature your gym.