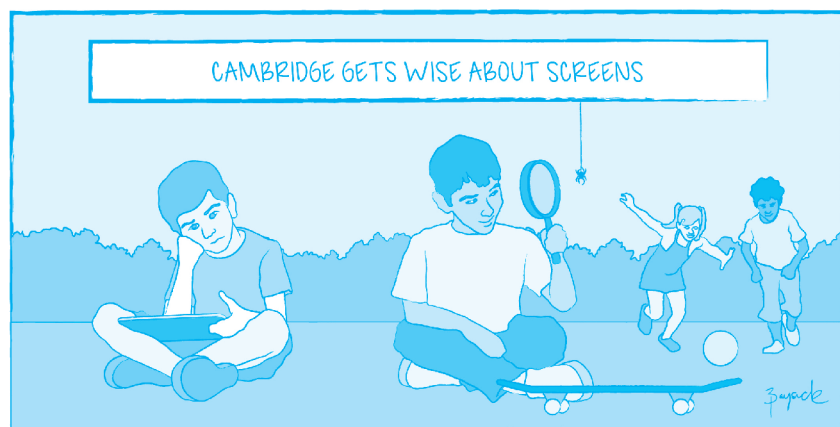


# Cambridge's Screen-Free/Screen-Wise Week, May 5-11, 2014



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**Mindfulness for School Stress** with Paula Feynman & Dr. Susan Pollak.  
May 6<sup>th</sup>, 6:30 p.m.–8:00 p.m., Pearl Wise Library, CRLS, 459 Broadway.

*For active Cambridge School Volunteers, teachers, staff, and parents.*

Whether you experience school stress directly, or witness it in your children or your students, learning proven techniques for mindfulness may help you to help the kids in your home or classroom. Mindfulness can also be another tool in your toolkit for your own wellbeing. Preregister: [mindfulness-for-school-stress.eventbrite.com](http://mindfulness-for-school-stress.eventbrite.com).

**Mindfulness in Schools Information Session** with Dr. Beatriz Meza-Valencia & Christine Durand.  
May 8<sup>th</sup>, 7:00–8:00 p.m., Tobin School/VLUS Library.

*For parents, teachers, staff and volunteers.*

Helping Our Children and Teens with Impulse Control and Emotional Regulation: A Mindfulness in Schools information Session. Join us for this interactive session to learn about mindfulness and how it is being taught in some Cambridge classrooms.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5</b> 3:00–6:00 p.m., <b>Happy 15th Birthday Project READ!</b> Cambridge Hospital, 1493 Cambridge St., (2 <sup>nd</sup> fl.) 4:00 p.m., <b>Jenny the Juggler's Screen-Free Show</b> , East/Mid-Cambridge Location TBA 4:30–5:30 p.m., <b>Cooking in the Garden</b> , Peabody/RAUC CitySprouts Garden 6:00–7:30 p.m., <b>Fresh Pond Stewards Family Night</b> , Fresh Pond Reservation 6:30–9:00 p.m., <b>Drop-in Games for Families</b> w/ kids ages 4+, 175 Harvey St.	<b>6</b> 3:00–4:00 p.m., <b>Cooking in the Garden</b> , KLO/PAUS and KO/CSUS CitySprouts Gardens 4:00 p.m., <b>Stories and Craft Program Celebrating Imagination and Play</b> , for ages 5–10, Central Sq. Branch Library, 45 Pearl St. 6:30–8:00 p.m., <b>Mindfulness for School Stress</b> (see box above right), Pearl Wise Library, CRLS	<b>7</b> 2:30–3:15 p.m., <b>Yoga for Parents and Kids in the Garden</b> (ages 3–8), Tobin/VLUS CitySprouts Garden 3:00–5:00 p.m., <b>Free admission for MA residents at the Peabody Museum and HMNH</b> , 36 Oxford St. 3:15–4:15 p.m., <b>Cooking in the Garden</b> , KLO/PAUS and KO/CSUS CitySprouts Gardens	<b>8</b> 3:00–5:30 p.m., <b>Play/Build/Play: Cardboard Tube Fun</b> for kids in Grades K–5 w/ parent or caregiver, CAC Gallery, 344 Broadway, 2 <sup>nd</sup> fl. 5:30–7:00 p.m., <b>Family Picnic at Black's Nook</b> with Fresh Pond Reservation's Ranger Jean (Bring Your Own Picnic), Meet at 650 Concord Ave (Maher Field) 6:30–9:00 p.m., <b>Drop-in Games for Families</b> w/ kids ages 4+, 175 Harvey St. 7:00–8:00 p.m., <b>Mindfulness in Schools</b> (see box above right), Tobin School/VLUS Library	<b>9</b> 10:00–11:30 a.m., <b>Kids' Walk at Fresh Pond</b> , Maher Park, 650 Concord Ave. 2:00–4:00 p.m., <b>Cooking in the Garden</b> , FMA CitySprouts Garden	<b>10</b> 10:00–11:00 a.m., <b>Materials with Magical Properties</b> , MIT Kresge Auditorium, 48 Mass. Ave. 10:00 a.m.–12:00 p.m., <b>Sketching at Alewife Reservation</b> , Acorn Park Dr. 11:00–3:00 p.m., <b>Cambridge Park of Microscopic Life</b> , Greene-Rose Heritage Park, between Broadway and Harvard Streets 2:00 p.m., <b>On-Bike Training</b> , Alewife Station (Bring own bike. RSVP to <a href="mailto:jlawrence@cambridgema.gov">jlawrence@cambridgema.gov</a> ) 7:00–8:00 p.m., <b>Storytelling (for kids of all ages) by Doria Hughes</b> , Porter Sq. Books, 25 White St. (Wear PJs for 10% discount at Café Zing) 8:00–9:00 p.m., <b>Storytelling for Teens and Adults by Doria Hughes</b> , Porter Sq. Books, 25 White St. (Wear PJs for 10% discount at Café Zing)	<b>11</b> 9:00 a.m.–12:00 p.m., <b>Free admission for MA residents at the Peabody Museum and HMNH</b> , 36 Oxford St. 10:00 a.m., <b>Mother's Day Bike Ride along the Charles River</b> . An easy, kid-friendly ride. North Point Park, 6 Museum Way

For further details about these events, visit [www.Facebook.com/screenwisecambridge](http://www.Facebook.com/screenwisecambridge) or [eventbrite.com](http://eventbrite.com). Information about the national Screen-Free Week is at [www.screenfree.org](http://www.screenfree.org).

# Limit Screen Time for Healthier Kids

A lot of kids spend more time in front of a screen than they do reading, talking with family and friends, or playing outside. It's also affecting their health.

***Too much screen time is associated with:***

- violent behavior
- poor school performance
- lower reading scores
- bad habits later in life (*like tobacco and alcohol abuse*)
- consumption of junk food
- being overweight
- sleep pattern disturbances

Although some screen time can be educational and even encourage physical activity, it's all too easy to get sucked in.

***Health experts recommend these screen time limits:***

**TEENS:** less than 2 hours a day  
**AGES 3–12:** less than 1 hour a day for children  
**UNDER 3:** no screen time for children under 3. Help your kids find other things to do.

***Tips for reducing screen time:***

- Turn off the TV during meals, which encourages everyone to eat and talk together.
- Keep computers, TVs, and video game consoles out of kids' bedrooms, and keep cell phones and iPods out of the bedroom at night.
- Don't use screen time as a reward.
- Designate certain days of the week as screen-free days.

***What you can do instead:***

- Exercise as a family by taking walks, riding bikes, or playing sports or active games together.
- Do something active for at least 60 minutes each day.
- Set up screen-free play dates.
- Encourage your kids to write a story, draw, or create an art project.

***If you have a toddler or preschooler:***

Keep your little one busy, safe, and happy when you are trying to get something done.

***Here are alternatives to screen time when you're preparing meals and for other occasions:***

- Set up a kitchen play station with a spoon and small bowl, plastic containers, or other safe household materials or toys.
- Get kids 3 and older to help (set the table, tear lettuce for salad, or decorate place cards).
- Engage an older sibling or neighbor to keep the kids safely amused.
- Recorded books on tape or CD (often available from libraries) are a great alternative when you can't do the reading yourself.
- Young children can be marvelously creative with some tape or glue and household materials, such as toilet paper tubes, cereal cartons, fabric scraps (or worn-out clothes), egg cartons, yogurt containers, and lids.