



## Screen-Free Week



"It's time to turn off the TV and have some screen-free fun. MetroMom Tina is here with us today to tell us about an annual event that pushes kids to play with toys and get outside. I know that's a tough challenge sometimes for parents." -Host

"It's very easy to just plop the kids in front of the TV. We're nearing the end of what was formerly known as Turn Off the TV Week. We have some alternatives for parents to keep kids entertained. Turn off the TV for 15, 30, 45 minutes, however long they watch TV each day, and give them something else to do." -MetroMom Tina Wysk



"For the scientist kids, The Young Scientists Club has a Magic School Bus series and you can learn about volcanoes or electricity."