

## What can you do now? *Unplug – Don't Drug!*

Children need to *learn* how to play, and parents need to teach them. Instead of trying to DO something to your children, try to BE something to them. Your children would rather have you play with them any day, than watch TV or videogames.

The activities listed below will encourage family re-connection and prove to be fun for all. Your child will love you for taking the time to engage in activities with them, instead of popping in a movie 'babysitter'.

- Ride bikes
- Build a couch or table fort
- Eat dinner as a family
- Be artistic – paint, color, make crafts
- Dance
- Play wrestle
- Listen to music
- Play cards
- Play a board game
- Invent your own game
- Garden or together
- Read a book
- Play a sport
- Cook a meal together
- Do chores together

Family life can be busy, and it may be hard to find time to spend with your children. After work, dinner needs cooking, and houses need cleaning. Why not get your kids to help you with these chores? You'd be surprised at how happy your child can be cutting vegetables while chatting with mom and dad.

***Families that play  
together stay together!***

## Introducing the *Unplug'in Game!*

The Zone'in *Unplug'in Game* was created by pediatric occupational therapist Cris Rowan, who understands that unplugging from technology is not going to be easy!

*Unplug'in* is a board game where children are trapped in a TV, and need to journey through different dimensions in order to gain the confidence and skills necessary to unplug. *Unplug'in* theory is that prior to children unplugging from technology, they first need to develop a sense of themselves, others, spirit and nature, which is what *Unplug'in* does!

*Unplug'in* is designed to be played over and over again, because as children evolve, the game changes! *Unplug'in* can be played with one to five players, and can be used at home and in classrooms.

To see more *Zone'in Products*, or learn about our Foundation Series Workshops, visit [www.zonein.ca](http://www.zonein.ca)

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# Zone'in

## Unplug'in



***'Must read'  
information for  
everyone who loves  
their children.***



**Addressing the effects of  
technology on child  
development**



## FACTS

**FACT** - 75% of North American children have technology (computer, TV, video games) in their bedrooms.

**FACT** - The average child spends 7.5 hours per day watching TV, playing video games or using the internet.

**FACT** - The average parent spends 3.5 minutes in meaningful conversation with their child – PER WEEK.

**FACT** - Active Healthy Kids Canada 2010 report gave Canadian children a grade “D” for physical activity.

**FACT** - In order for children to develop properly, they require lots of movement, touch and connection with their families.

**FACT** – TV, video game and internet overuse is linked to aggression, developmental delays, impaired health, obesity, poor body image, addictions to drugs/alcohol/cigarettes, attention problems, trouble sleeping, poor school performance, family conflicts, and early sexual experiences.

**FACT** - Childhood diagnosis of mental disorders has tripled in the past five years, with 15% of children diagnosed with a mental illness.

**FACT** - Prescription of psychotropic (mind altering) medication to toddlers 2 – 4 years of age has tripled in the past five years.



## How do you know if your child is addicted to TV?



- Do you have a hard time prying your child away from TV or videogames?
- Does your child’s behavior change following prolonged sitting in front of TV or videogames?
- Has your child gone all day without eating, because he/she is glued to technology?
- Does your child watch the same amount of TV, or play the same amount of videogames as they used to, but does not appear to get the same level of satisfaction as they used to?
- Can your child imagine life without TV or videogames? What else would they do?
- Does your child ever watch more TV or play more videogames longer than they intended, or longer than you allowed?
- Have you ever tried to stop your child from using TV or videogames, but couldn’t?
- Do TV and/or videogames take up all of your child’s free time?
- Does your child sometimes watch TV or play videogames, when they should be spending time with family or friends, doing homework, or going to bed?
- Does your child continue to watch TV, even though they know it isn’t good for them?

**If you answered ‘yes’ to three or more of the questions above, your child is addicted to TV, videogames or both.**

## What does this mean for your family?

Chances are if your child or entire family is addicted to technology, your lives have been dramatically affected. Short tempers, rude comments, angry outbursts, no energy to do any household chores or outdoor play, are common in families with TV and videogame addictions.

Children with technology addictions often disconnect from themselves, others and nature. They may exhibit behavior problems, not know how to interact with other children, or may seem either withdrawn or hyperactive. Children with technology addictions also may have difficulty paying attention at school.

Families with technology addictions may have difficulties interacting and connecting with each other in a healthy way, and may be prone to intense conflict.

## How does this affect your child in the classroom?

For every one hour of TV and videogames your child uses per day, they will have a 10% chance of an attention problem by age seven. So if your child uses 6.5 hours of technology per day, they will have a 65% chance of having attention problems.

Ability to pay attention is essential for academic performance. If your child has a TV in their bedroom, chances are they will also be sleep deprived at school, further limiting their ability to perform academically.

Children’s bodies need to move to learn. When children sit in front of a screen, they are not moving, and their body energy becomes either ‘zoned out’ or hyper. When children’s bodies move, their body energy becomes balanced, and learning is easy.