

The average school-aged child spends 40% more time watching television than sitting in the classroom.

YOU MIGHT ALSO BE SURPRISED TO KNOW:

Child Television Statistics	
Number of minutes per week that the average child watches television	1,480
Percent of 4-6 year-olds who, when asked to choose between watching TV and spending time with their fathers, preferred television	54 %
Hours per year the average American youth spends in school	900 hours
Hours per year the average American youth watches television	1,200
Number of violent acts seen on TV by age 18	150,000
Number of 30 second TV commercials seen in a year by an average child	16,000

<http://www.statisticbrain.com/television-watching-statistics/>

This pamphlet was developed with you and your children in mind with a focus of offering fun, easy, local & inexpensive:

Alternatives to Television

Get Moving!

Research shows that families who play together are closer and more successful overall. They have less friction and deeper bonds. Forget about the healthy part of being active and just get outside and get moving. Walking is the best exercise so grab the whole gang and go for a stroll around the neighborhood.

Play Games!

Many important skills and lessons are involved, such as healthy competition, sharing, patience and teamwork. When you create a healthy atmosphere of "us" against "them" by splitting the family into equal teams, the team members can then form stronger bonds as they work together to "beat" the other side.

Cook Dinner!

Eating and cooking meals is one of the most overlooked possibilities for bonding. It is something we must do multiple times every day but most of us view it as a major chore instead of a fun activity filled with creative opportunity and nutritional learning. When the atmosphere of meal prep and clean-up changes from a taxing chore to a part of the day everyone looks forward to, the change in your entire household can be drastic.

Start Reading!

Reading is one of the greatest ways a person, young or old, can expand their learning abilities, processing skills and vocabulary. Reading together is an invaluable time to bond with your child in imagination.

OKLAHOMA CITY LOCAL ACTIVITIES:

Tiger Safari

Tiger Safari has all sorts of fun animal related activities. You can even book a "Zoo To You" private party. Check their website for a full list of fun things.
<http://www.tigersafari.us/>

Sam Noble Museum of Natural History

A great educational and fun destination... Admission is FREE the first Monday of every month! <http://www.snomnh.ou.edu/>

Lake Murray

Who doesn't love a day on the water! Add fun water toys to the mix and it sounds like amazing fun and great memories!
<http://lakemurraywatersports.com/>

Myriad Gardens

Check out the events page. They have tons of events for kids and adults that all look amazing. They even have a kid friendly concert series that's FREE!!
<http://www.myriadgardens.org/myriad-botanical-gardens>

OKC Zoo

Be sure to check out their free and discount days! <http://www.okczoo.com/>

OKC Boat District

This is a bit on the more expensive side of the spectrum but they offer many great adventures that kids would LOVE. The Sand Ridge Sky Trail looks like it would be a blast!! They also offer camps and canoeing and rowing lessons for a reasonable price! <http://riversportokc.org/>

Let's make it a SUMMER GOAL to cut our electronic entertainment times in half!

The National Institute of Health has developed a wonderful program called "We Can" focused on the health and nutrition of children. **Go to Google and type in "We Can, A Parent Handbook"** to download the 32 page PDF file. It has valuable statistics, health information and tips for families with children.