



DITCH THE DEVICE!



To celebrate Family Day, we are encouraging families to

DITCH THE DEVICE ON SEPTEMBER 23!

(PARENTS - THAT MEANS YOU, TOO!)

GO TO TYKES & TEENS FACEBOOK PAGE

Share how you plan to
#DisconnectToConnect!

PROUDLY
SUPPORTED BY:



WHY DISCONNECT?

- Use of mobile devices can have a negative impact on parent/child interactions and emotional functioning
- 32% of children reported feeling "unimportant" when parents use their phones during meals and family times.
- Children can feel sad, mad, angry, and lonely when parents use cellphones.

FAMILY CONNECTION CAN:

- Improve academic performance
- Reduce likelihood of drug/alcohol use
- Improve social skills
- Encourage resilience
- Increase self-confidence

For additional information about ways to connect with your family visit:
www.CASAFamilyDay.org