

## Turn off screens and take kids outside

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Two AAP-backed national events remind adults — including pediatricians — that they can model how kids can enjoy nature while also taking a break from screens.

Screen-Free Week, May 1-7 and Kids to Parks Day, May 20, offer myriad reasons to encourage families to connect and socialize without digital media. They also offer a chance to boost physical activity.

Pediatricians can share the AAP Family Media Plan, which offers a personalized guide for parents to balance their kids' online and off-line lives based on their values and busy lifestyles. Visit [www.healthychildren.org/MediaUsePlan](http://www.healthychildren.org/MediaUsePlan) or <http://bit.ly/2oRuTrg> (in Spanish).

After setting digital limits, families can head outside. Kids to Parks Day is a national day of outdoor play organized by the National Park Trust. The Academy is one of 19 collaborators. On the National Park Trust website, individuals can support Kids to Parks Day by registering for an event, find park events in their state and download park games for kids. Visit <https://www.parktrust.org/kids-to-parks-day/>.

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