



# 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](http://www.CASAFamilyDay.org)