

# A screen free day



This site is all about getting back to basics, letting children be children and just ensuring our kids have great basic childhood fun.

Children are now growing up in a very fast paced, modern world with technology at every turn. This technology does need to be embraced, as it is part of our society and there is so much that can be learnt through utilising it. However, we must remember, children are still children, they are young, they need to play, get out in the fresh air, run around, use their imagination, get creative, socialise and just enjoy being children. Childhood should be remembered as a fun time.

I think in our society now, basic childhood fun and play can easily get forgotten. We all get caught up in everyday life, it is so easy to pop the tv or computer game on, it keeps our children entertained. However, I believe these things should be utilised in moderation. How much [screen time children](#) should have is whole topic in itself.

In order to help raise awareness of remembering to let our kids be kids and get back to basic childhood fun, I would like to set up a **'screen free day' on January 19th 2014**. I would love people to join me, in having a day, where we turn the tv, computer, technology etc off and go and have fun with our children.

There is so much you could do, go out for the day, a family walk/adventure, have a games afternoon, do some arts and crafts together or how about some cooking? Whatever you choose to do, have fun and then blog about your 'screen free day'. Let everyone know what you got up to and how much fun you had as a family together.

I have chosen January to have the screen free day, as I thought christmas is too busy and why not start the new year with a focus on the family. Also, the children will have some new toys to explore from christmas.

What do you think, who is up for a screen free day?

Please leave a comment and let me know if you'd like to join in.

Please, please, help spread the word, lets go and have some fun with our children.



**Screen free day  
Sun 19th Jan 2014  
with  
Letkidsbekids.co.uk**

```
<a  
href="http://www.letkidsbekids.co.uk"  
target="_blank"></a>
```