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Contact: Tina Nocera
(973) 667-9347
Tina@parentalwisdom.com

***UNPLUGGED PLAY
NO BATTERIES. NO PLUGS. PURE FUN.***

Good Parenting Seal honors book that pulls the plug on excessive electronics and better equips children to handle the everyday demands of school and life.

Nutley, New Jersey. (Oct 1, 2007). The Good Parenting Seal from Parental Wisdom, a patented parenting website that recognizes parents as the real experts in knowing their children best, recognizes and awards the seal to ***UNPLUGGED PLAY NO BATTERIES. NO PLUGS. PURE FUN.*** Workman Publishing by Bobbi Conner.

This accessible parent's guide offers more than 700 ways to inspire valuable, creative play—play that engages and stimulates the mind, flexes muscles, encourages creativity and problem solving, and forges friendships—with nary a TV, Gameboy, or computer in sight. **Conner will ease the pain for parents feeling guilty** for plopping their kid in front of the TV for lack of a better idea.

With childhood obesity continuing to rise, the call for unplugged and active playtime is now an urgent, relevant cause worthy of national attention. In addition to her stellar lineup of creative, accessible ways to play, Conner creates a conversation with other child development authorities about the benefits of more hands-on play. Authorities agree that playing unplugged will help combat currently unprecedented rates of childhood obesity, attention deficit disorders, and sub-par performance in U.S. schools.

- The American Heart Association recommends that children and adolescents participate in at least 60 minutes of moderate to vigorous physical activity every day.
- The Center for Screen Time Awareness reports that recent research indicates that a child's risk of developing attention disorders increases at a rate of 10% for every hour of daily screen time.
- American Academy of Pediatrics reports children's learning capacity is enhanced by play-time worked in between school lessons which is why recess remains a critical curriculum element.

UNPLUGGED PLAY Workman Publishing; \$16.95; ISBN-13: 978-0-7611-4390-1; August 2007

About the Author

Bobbi Conner is the creator and host of “*The Parent’s Journal with Bobbi Conner*,” the award-winning, syndicated radio program heard nationwide every week for more than twenty years on more than 180 public radio stations. She is also the author of *Everyday Opportunities for Extraordinary Parenting: Simple Ways to Make a Difference in Your Child’s Life*, and is the mother of three who are now in college. Conner lives in Mount Pleasant, South Carolina.

About the Good Parenting^{cm} Seal

Evaluated by parents, the Seal is awarded to books and media that address parenting issues, and are found to be clear, helpful and actionable. The Seal exists to resolve the issue of parents with limited time and money to sort through the over thirty thousand books, millions of websites and other media when researching advice on raising children. Parental Wisdom has been awarded the Good Parenting certification mark by the U.S. Patent office. For more information visit www.parentalwisdom.com and click on the Good Parenting^{cm} Seal.

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