

PRESS KIT

FRANTIC FAMILY RESCUE



Slow-movement ambassador Carl Honoré has four weeks to turn around the lives of three busy families - from stressed and hectic, to happy and unhurried - via the power of 'slow.'

Produced and Directed by TOSCA LOOBY and ALEX TARNEY
Executive Producer SALLY INGLETON



FRANTIC FAMILY RESCUE



TECHNICAL SPECIFICATIONS

Production Format: HD
Release Formats: HD CAM
Sound Configuration: 1 & 2 Stereo Mix 3
Year of Production: 2015
Duration: 1 x 58mins
ISAN: 0000-0003-DD7B-7-0000-0000-G

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SYNOPSIS

One Line

Slow-movement ambassador Carl Honoré has four weeks to turn around the lives of three busy families - from stressed and hectic, to happy and unhurried - via the power of 'slow.'

One Paragraph

FRANTIC FAMILY RESCUE invites world-renowned advocate for 'slow-parenting', Carl Honoré, into the homes of three busy Australian families. Carl will unplug adults and kids alike from their devices and throw out their crazy schedules. It's all about transforming family members from stressed out clock-watchers, to happy and unhurried. Do their lives, relationships and bodies feel better? Or is there no turning back from our 21st Century culture of hurry?

Short Synopsis

Every day Australian families race frantically from one extra-curricular activity to the next - from athletics to music lessons, dance classes and maths tutoring - the list is long and exhausting. When kids (and parents) aren't racing around they're glued to devices - the merry-go-round of distraction. The result? A generation of permanently frazzled families.

We meet three busy Australian families, trapped by the frenetic pace of modern life. They describe a sense that the joy of life is getting lost in this race to 'do it all' in a bid to achieve parenting perfection.

Enter **Carl Honoré**: On a mission to save Australian kids from a culture of over-parenting. He arrives with a plan which he calls the 'slow fix'. We follow the three families over four weeks as they live Carl's experiment in slow. Can they fight their addiction to speed and go cold turkey - no rushing, less striving, more family time? And when the four weeks is up can they maintain a healthy diet of slow?

CARL HONORE BIOGRAPHY



Carl Honoré is a highly sought after speaker, well-recognised author and advocate for 'slow parenting.' When his son was in his first year of school a teacher praised his son's artistic abilities. She called him 'gifted' and Carl felt himself light up with pride. That night he trawled Google looking for art courses and tutors to nurture his son's talent. He says, "Visions of raising the next Picasso swam through my mind."

That was until he shared his excitement with his son, who said he didn't want a tutor and: "Why do grown-ups always have to take over everything?" Carl says the question stung like a belt to the backside.

Carl realised how easily we're lulled into hijacking a child's life in the race to create over-achieving offspring. And so began Carl's international journey into parenting trends across the globe, and the penning of his book **Under Pressure**, which explores the good, the bad and the ugly of modern childrearing - then offers a blueprint for change.

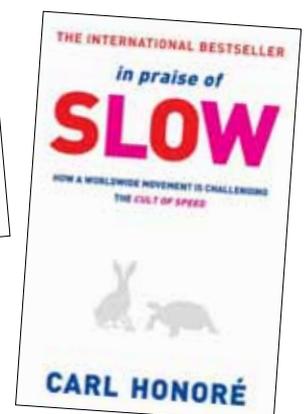
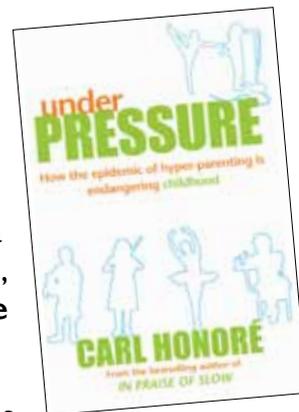
On top of writing, blogging, tweeting and giving media interviews on the benefits of slowing down, Carl rushes (slowly, of course) around the world to deliver speeches and workshops. He has been the **Financial Times** 'Guru of the Week' and his book **In Praise of Slow** has been labeled "to the slow movement what *Das Kapital* is to Communism."

Carl lives in London with his wife and two (hopefully unhurried) children.

CARL'S SLOW FIX

In **FRANTIC FAMILY RESCUE**, after observing the routines and schedules in each of his 'hurried' families, Carl throws out their existing schedules, replacing them with a series of activities they can do together, at their own pace, in their own time. These activities are underpinned by 'Five commandments of slow:'

1. All screens off while at home, including iPhone, TV screens, iPads etc
2. All family members drop all extra-curricular activities, except one
3. No car used for journeys within a 2 km radius of home
4. At least one meal eaten together as a family every day
5. Parents make time everyday for a relaxing ritual.





MEET THE FAMILIES

DIANNE & GLEN'S FAMILY

Glen and **Dianne's** family schedule is punishing. Dad **Glen** is a 51-year-old engineer and says 'yes' every opportunity available to his children. Mum **Dianne**, 44, a software developer, worries the schedule is wearing her children out. Their three teenage kids are at selective state high schools. On top of their school commitments they practice piano, competitive water polo, running, cross-country, triathlons and elite level rowing. There's hardly a day in the school term when 13-year-old **Kirrali** and her 15-year-old twin brothers **Luke** and **Jayden**, aren't achieving and competing at the highest level.

Fourteen-year-old Kirrali contacted Carl Honore to ask for help to slow her family. She's finding the pace of life exhausting, with no time to relax, see friends or enjoy her hobbies. Will Carl help her reclaim some of the simple pleasures of childhood like art, baking and hanging out with friends?



ANNA'S FAMILY

Anna, mother of two children, 8-year old Frankie and 4-year old Janie, has put her career as a pharmacist on hold in order to be a full-time Mum.

This 34-year-old dynamo is a self-confessed 'helicopter' parent whose main aim in life is to see her children succeed on all fronts. Anna wants both her children to excel in everything they do – and they do a lot. The downside of all this striving is almost no time for unstructured play alone or with friends. Frankie barely has time to scratch himself with a packed weekly schedule including: piano, guitar lessons and ensemble, ballroom dancing, professional acting, Nippers, athletics, rugby, soccer, and maths coaching. Daughter Janie is also on a heavy treadmill of extra-curricular activities.

Anna wants to show the world how much effort she puts into developing her children. She doesn't necessarily want to change what she does; she just wants to change the way she does things. She hopes Carl will bring a sense of calm into her life without compromising the unrelenting schedule of extra curricular activities that dominates their lives.



LISA & ANDY'S FAMILY

From Sydney's Northern Beaches, parents Andy and Lisa describe their family life as chaotic. Lisa, 45, and a business development manager, complains they have no 'zen' in their lives as they juggle full-time work and kids with activities before and after school. 10-year-old Theo, and 11-year-old Freya, agree their family is stressed and stretched because they're taking on too much.

Andy, 39 is an architect who's often anxious; juggling his work and ferrying his kids to all their extra-curricular activities. He wonders if the time and money they pour into their children's lives is worth it?

Freya is addicted to her phone – spending at least two hours a day on social media. Theo loves video games and passes anywhere between 2-5 hours a day in battle with the screen. There are screens in every room and when family members are home, the screens are on – usually right up until bedtime.

The family needs help to change their current lifestyle. They'll welcome any ideas from Carl, which might inject some calm back into family life.



PRODUCTION STORY

When Carl Honoré spoke at a parenting conference in Sydney, co-directors Alex Tarney and Tosca Looby knew they had struck gold.

Carl's thoughts on the pace of parenting in the 21st Century, particularly in the middle class suburbs of Australia, resonated for them. Each a mother of three children, they live in the world Carl describes.

For Tosca, frazzled parents and stressed kids are everywhere: *"Even if you're a parent who is consciously trying not to 'over-parent', I think there is a culture in place that is really encouraging you down that road. So many of us fall into the trap of trying to do it all."*

"We thought it was a social phenomena that hadn't been looked at," said Alex. *"We had this idea of slowing three fast families down and seeing what would happen. We contacted Carl to see if he would be interested in being involved – and he was super-keen and it went from there."*

With Carl on board, Alex set about casting the families, which she admits was the most challenging part of the project.

To find the families, Alex visited high schools and primary schools, as well as sporting clubs, music classes and academic coaching centers. She also spread the word via social media, ABC radio and Carl's website.

The response was overwhelming. Many families recognised that the pace of modern families was exhausting, but that doesn't mean they had the will, or agreement of all family members, to take on an experiment that forced them all to slow down over a four week period: *"It usually took a family discussion to work out whether it was something they were happy to be part of, and it was often the kids that resisted. A lot of children didn't want to give up their activities for a month because a lot of their social life was tied up in these events,"* said Alex.

So while the three families who signed up to be part of the **'Slow Fix'** were not unique in having busy lifestyles, it was their willingness to experiment with slowing down that made them stand out.

The producers hope viewers will be inspired to make changes in their own lives on the basis of what these families discovered and experienced on the ‘slow fix’.

In conjunction with Carl, Tosca and Alex set about planning the slow activities for the families.

For Tosca, tailor-making the slow schedule activities to suit each family was key.

“We’d look at each family in isolation and think, ‘Alright, you as a couple need more time to yourselves and you need to get screens out of your lives.’” All the suggested activities offered were carefully planned according to Carl’s **‘Commandments for Slow,’** and theories more generally.

Carl’s ‘Commandments of Slow’ include a ban on screens at home (including phones and laptops), no car for journeys under a two kilometre radius from home, easing up on some extra-curricula’s, one-on-one time for parents and children, and sharing at least one meal together per day.

All of Carl’s commandments are simple suggestions that families can institute quickly, and for Tosca, it was the immediacy of their efficacy that came as a real surprise during filming. *“It was so great that certain things had such an impact. For example, putting screens away had the whole family sleeping better at night. That it immediately had this impact was very telling.”*

Despite the filmmakers wanting to experience the impact of ‘slow’ in their own lives, they admit it was easier said than done during the filmmaking process.

“It was pretty ironic that we were rushing around like headless chickens in order to record the phenomenon of ‘slow.’ We also had some very funny moments teasing Carl about his jet setting, in light of his slow message!”

While Carl espouses the benefits of slow, he’s a busy man himself.

“We did need to work around Carl’s speaking tours in every far-flung land you can imagine. He was very accommodating and, when he was with us, very generous and energetic so we got quite a bit done in short periods of time.”

Making **FRANTIC FAMILY RESCUE** couldn’t help but change Alex and Tosca’s parenting style as well.

For Alex, *“Carl’s ideas are in the back of your mind when you’re making your own family choices about whether or not to take on all the things on offer these days, OR whether to hold back - which may be for the best!”*





Alex's family embraced the Gadget box too. *"I am practicing what I preach and we have adopted the Gadget Box idea in our home. It really does reduce the friction and the fights surrounding kid's technology use."*

Alex hopes that audiences identify with the quickening pace of family life and with how technology has disconnected families in some ways.

"I hope that families watch and, through the slow fix, are given hope that the pace of life doesn't have to be frenetic. You can slow your family down, reconnect and take back the control of the speed of family life so that it's more of a journey than a race."

For Tosca, she feels that the three families differing experiences of the slow plan indicate there's not a one-size fits all solution to modern parenting, and hopes that Carl's slow fix will offer families different the tools with which to experiment.

"I really hope it gets people questioning their own lifestyle and why they do it, and whether there are ways to pull back. I hope it gives them a sense that there is choice here. They don't need to do it all. There is another way, and it might be slow."

PUBLICITY ANGLES

- Interview with the producers, Tosca Looby & Alex Tarney about the inspiration behind the film & how they found the families.
- Interview with Carl Honore' regarding the pace of family life in modern Australia, the impact of technology & 'screen time' and the amount of time kids spend in extra-curricular activities today, as well as Carl's suggested tips for life in the slow lane.
- Interview with the families about their experiences slowing down



WEB LINKS

'In Praise Of Slowness,' Carl Honoré's TED talk

http://www.ted.com/talks/carl_honore_praises_slowness

Carl Honoré's website

<http://www.carlhonore.com/>

Information on the slow movement

<http://movimientoslow.com/en/filosofia.html>

How to host a street party in your neighbourhood

<http://www.streetparty.org.uk>

Slow parenting tips for teens

<http://slowparentingteens.com>

Slow education movement

<http://mindfulnessinschools.org>

Slow education movement

<http://sloweducation.co.uk>

Tips for free range kids

www.freerangekids.com



PRODUCTION TEAM

Co-Producer and Director, **Tosca Looby**

Tosca Looby is a writer and director of social and natural history documentary. She has worked in the industry for over 25 years creating award-winning documentaries in Europe, Asia and Australia. She has worked for ITV, Partridge Films, Discovery, SBS, the ABC Natural History Unit and ABC Factual.

Her credits include THE GREAT AUSTRALIAN FLY (ABC), HELLO BIRDY (ABC, 6X30), CAN WE HELP? (ABC), Logie-nominated TUG OF LOVE (SBS), DISTURBING DUST (SBS), EYE OF THE TIGER (Discovery – best of category winner at International Wildlife Film Festival), UNTIL DEATH DO US PART (SBS - ATOM award for best documentary), ISLAND LIFE: BARROW ISLAND and DIMENSIONS (ABC).

Tosca has three children aged 11, 9 and 6 years.

Co-Producer and Director, **Alex Tarney**

Alex has 22 years experience as a journalist, television presenter, newsreader and factual television producer for ABC TV, Fremantlemedia, XYZ, Australia Network and Channel Seven. She wrote, produced and directed a documentary called LIFE AFTER STEVE for Fremantlemedia and was recently working as a freelance development producer at Fremantlemedia.

Her credits include producing and news reading for Australia Network on ABC TV and producing and reporting for GEORGE NEGUS TONIGHT, Channel 7 news and current affairs, ABC TV news and current affairs and the ABC's ATTITUDE program.

Alex has three children aged 13, 10 and 7.

Producer, **Sally Ingleton**

Sally has over 30 years of production experience and in the last 9 years as Managing Director of 360 Degree Films Sally has produced over 30 hours of factual programming including versions for 14 different international broadcasters.

The work crosses many genres including nature, science, arts and social issues.

Highlights include the 6-part nature series DEVIL ISLAND for ABC, ITV and FRANCE TV, the 6-part nature series PENGUIN ISLAND for BBC I, ABC and Arte France, the science nature programs ACID OCEAN for WGBH NOVA, SVT, Arte France and SBS and THE GREAT AUSTRALIAN FLY for ABC; TIBET: MURDER IN THE SNOW for BBC, SBS, TSR, DR, RTBF; EYE FOR ARCHITECTURE for SBS, AVRO and YLE and SEED HUNTER for ABC, RTE, and Arte France.

Currently in production is LOVE & MARRIAGE IN LITTLE INDIA for SBS.

Narrator, **Susie Porter**

Susie Porter has built a reputation as one of Australia's most outstanding actors. Her list of credits include feature films SUMMER CODA, BOOTMEN, BETTER THAN SEX, MULLET, PARADISE ROAD, IDIOT BOX, TWO HANDS, FEELING SEXY, MONKEY'S MASK, TEESH AND TRUDE, the award-winning LITTLE FISH and THE CATERPILLAR WISH. Last year she was seen in THE TURNING: ON HER KNEES, a collection of short stories by Tim Winton and this year will see the release of IS THIS THE REAL WORLD? for TV. Susie played the lead role in EAST WEST 101 (Series 1, 2 and 3), EAST OF EVERYTHING, RAN, MY PLACE, LOVE MY WAY, THE SECRET LIFE OF US, THE JESTERS (Series 1 and 2), SISTERS OF WAR and UNDERBELLY: SQUIZZY. Recent television appearances include Network Ten's bikie drama BROTHERS IN ARMS, the family series PUBERTY BLUES (Series 1 and 2), the comedy PROBLEMS and IT'S A DATE (Series 2) and the telemovie DANGEROUS REMEDY.

Susie has been widely acknowledged by her peers and the public with multiple AFI's, IF Awards, Logie Awards and AACTA and FCCA nominations for her work.

Editor, **Karin Steininger ASE**

Karin Steininger is one of Australia's most talented and awarded documentary editors. She has worked extensively in the UK and Australia on many documentaries, series, commercials and music clips.

Karin has cut a range of award winning international co-production documentaries including DINGO:WILD DOG AT WAR (2013) AUSTRALIA, A TIME-TRAVELLERS GUIDE (2011), winner Best Series at Jackson Hole Science Media Awards; AUSTRALIA ON TRIAL (2012); DARWIN'S BRAVE NEW WORLD (2009), THE CHOIR (2007), DYING TO LEAVE (2003) winner of the Gold Logie and a Walkley Award, and ANNE FRANK REMEMBERED, winner of 1996 American Academy Award for Best Documentary Feature and winner of an International Emmy.

Composer, **Antony Partos**

Antony Partos is one of Australia's most awarded film composers. His passion lies in creating innovative scores that morph acoustic with an eclectic mix of bespoke elements. His feature film credits include the Sundance Festival winning film, ANIMAL KINGDOM (starring Guy Pearce and Oscar nominee Jacki Weaver), THE HOME SONG STORIES (starring AFI winner Joan Chen), DISGRACE (starring Oscar nominee John Malkovich) and David's Michod's THE ROVER (starring Robert Patterson and Guy Pearce). ANIMAL KINGDOM, THE HOME SONG STORIES and UNFINISHED SKY have all won Best Original Score at Australia's AFI awards.

Others credits include: THE SLAP (Winner APRA-AGSC 2012 Screen Music Awards Best Television Theme and Best Soundtrack Album), MABO (Winner APRA-AGSC 2012 Screen Music Award Best Music for a Mini-Series or Telemovie), RAKE (Winner 2013 APRA Screen Music Award and 2011 AGSC Award for Best Music for a Television Series), REDFERN NOW Series 1 and 2 (2014 AACTA Award for Best Original Music Score in Television and 2013 APRA Screen Award for Best Original Song Composed for Screen).

His most recent projects include Channel Nine's hit TV drama series LOVE CHILD, ABC's JACK IRISH AND JANET KING.