



Manage Screen Time: End the Power Struggles

Develop a healthy relationship with your device

- Set your intention: What do I want to pay attention to?
- Set yourself up for success:
 - Set digital curfew
 - Use digital health services offered by your phone
 - Set screen free time throughout the day, following the rules you set up as a family
- Think about how you want your children to remember your relationship



Ideas for “no screen” time

- What’s old is new again – kids rediscover older toys like board games and Rubix cubes
- Restorative power of the outdoors – even a little time outdoors can have a positive effect on well-being and reduce stress
- Rough and tumble play – strengthens neural connections, emotions regulation and problem solving
- Drawing, painting and crafts – even simple art projects or drawing together or independently strengthens brain activity; talk with your child about what activities and materials they enjoy

