



Connected Kids: Break Screen Habits and Build Strong Families

The Power of Quiet Play

Unstructured Play

- Physical, open-ended play is essential for young minds
- Allows authentic internal expression naturally
- Without pre-programmed screen reactions

Creative Solitude

Boredom acts as a catalyst for cognitive development

Constant external screen stimulation blocks inner quiet that children need to discover themselves



Downtime As Rest

- Leisure and unoccupied time allow emotional systems to recover
- Children do not always need to be productive; they need safe spaces to regulate.

