

SUMMER's HERE!!

Let'sTalk

Digital Free... Screen Time Zones



Screen Free During Meals

Phones and tablets disappear at mealtime; it's time to talk and connect.



Set Daily Limits - Electronics are a privilege, use as incentive

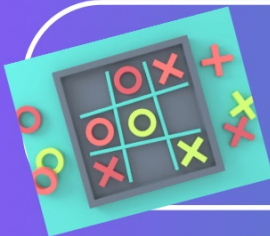
Agree on age-appropriate screen time. For example:

- Use screen time as an INCENTIVE
- Kids (2-5): 1/2- 1 hour 2X a day of quality content
- Older kids/teens: 1-2 hours 2X day for fun



Device-Free Bedrooms

Keep bedrooms tech-free to help everyone sleep better.



Screen Free Time Together

Watch shows or play games as a family, make it a bonding time. Go on an adventure

Summer 26



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