

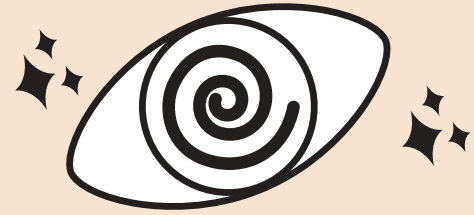
Are you dreading...

CC FAMILIES FOR
SLOW TECH

SUMMER

SCREEN-TIME

BATTLES



**MAKE A PLAN
THIS SUMMER TO
HELP YOUR KID
GROW, HAVE
FUN, AND MAKE
MISTAKES!**



MAKE A LIST OF 'MUST DOS'

Include things like, get dressed and brush your teeth, read for 1 hour, practice your instrument for 20 mins, do one household chore, etc.

BRAINSTORM A LIST OF OTHER FUN ACTIVITIES

Grab a large piece of white paper or a white board and brainstorm! Some examples might include: shooting hoops, bake a cake, go for a bike ride, make up a dance, Legos!, etc.

SET SCREEN-TIME LIMITS AND STICK TO THEM

Let your kid get bored!

HELP THEM BUILD INDEPENDENCE!

Have them plan and cook a full meal for the family, walk or bike to a friend's house alone, volunteer, go shopping alone, etc. Mistakes are ok! It's the best way to learn!