

# Ideal **MEALS** of Media and Tech

Every family has a delicious recipe!



# Healthy **MEALS** of media

## M

### Model



Set a good example!  
Your kids will learn  
from watching your  
actions.

## E

### Engage



Have conversations  
about the content they  
watch. Use media to  
make connections to  
real life.

## A

### Adjust



Not all screen time  
is the same.  
Choose appropriate,  
high-quality content.

## L

### Limit



Set healthy rules and  
expectations for your  
home.

## S

### Support



Support each other!  
Be patient, even on  
days when rules go  
out the door!

# What are the **various activities** you want your child to engage in every week?



Fill in with different colors  
to create your Ideal **MEALS**

