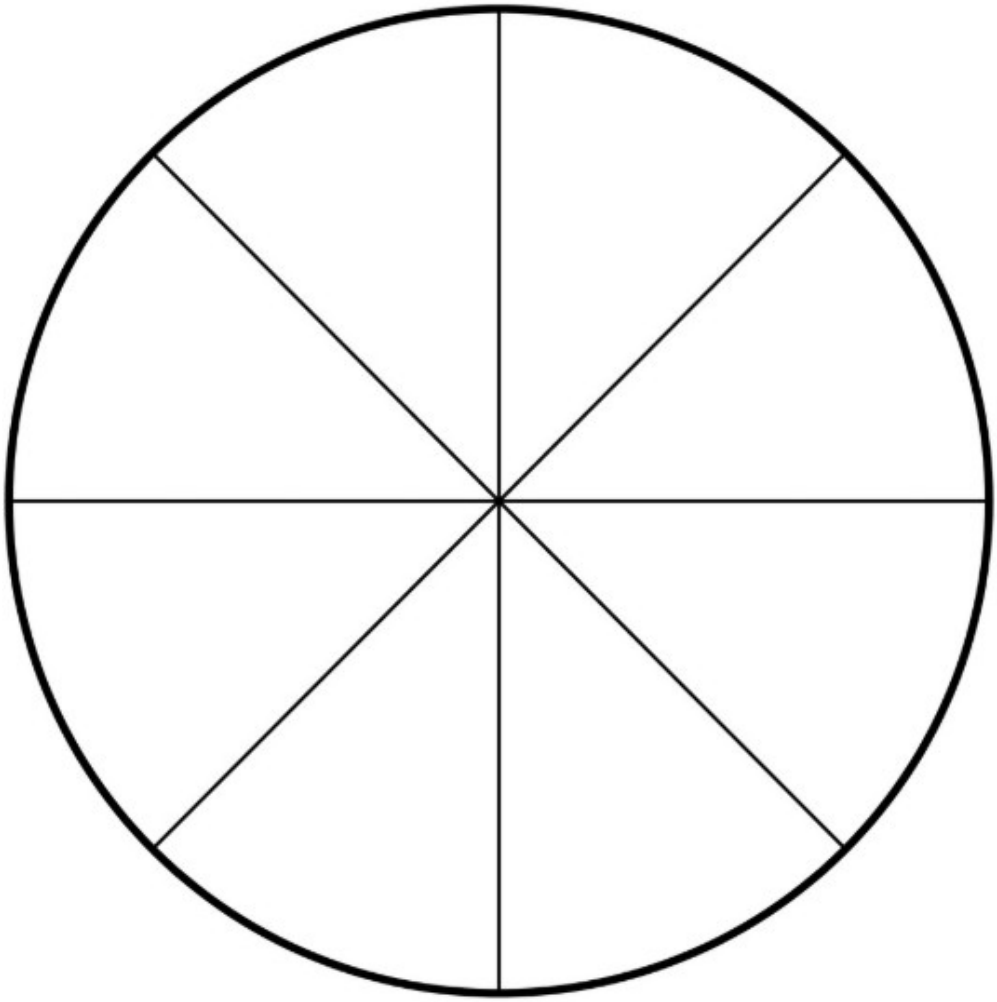
Ideal MEALS



Ideal MEALS of Media and Tech

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

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

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

Limit: Set healthy rules and expectations for your home.

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

1. _____

2. _____

3. _____