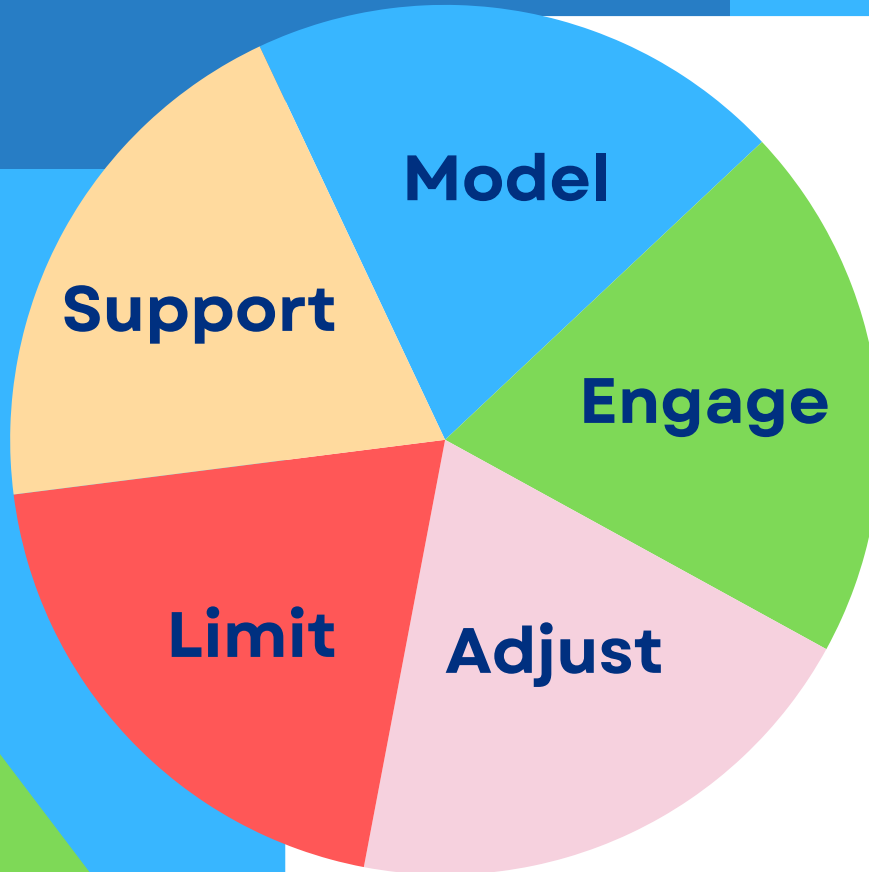


Balanced MEALS of Tech



- MODEL**
Set a good example. Your kids will learn from watching your actions.
- ENGAGE**
Have conversations about what they watch or play. Ask questions to make connections to their lives.
- ADJUST**
Not all screen time is the same. Choose age-appropriate, educational 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!