

Defer Your Device Connect with your Kids

Spending a lot of time in front of your cell phone, tablet, laptop or other screen takes away time from connecting with your children.

Try to reduce screen time by:

- making bedrooms screen-free
- turning off and put away all screens during every meal
- keeping your device away while operating a vehicle
- spending time on your device after the children are in bed



Giving your time and attention is part of positive parenting. Show your kids you are available and interested. Defer your device and connect with your kids.

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