



How To Optimize Screen Time

Don't fight over screen time, make the most of it! Screens can help your kids learn important, real-world skills. Aim for a balance of all of these!



Create

-  Make digital art
-  Take pictures
-  Make a movie
-  Write a story
-  Write music
-  Play a creative building game like Minecraft



Learn

-  Math games
-  Current events
-  Science discoveries
-  Read an eBook
-  Programming
-  Research



Connect

-  Skype with family
-  Email relatives
-  Connect with friends
-  Play cooperative games online
-  Coordinate school projects



Enjoy

-  Watch TV
-  Play video games
-  Mobile games
-  Music videos
-  Watch YouTube