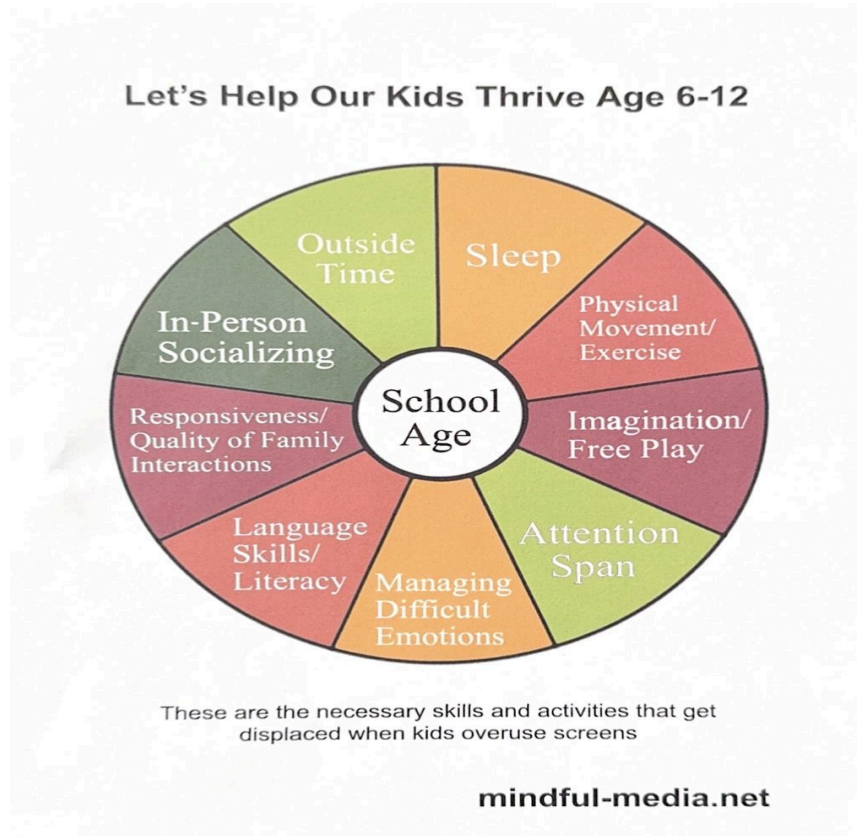


Play is the work of childhood! Screen time shouldn't interfere with the things our kids can and should be doing to become independent, joyful, creative, and productive adults!!
Make some priorities and make a plan!!



One senior tech executive who strictly limits his kids' access to screens both at home and at school says "using these kind of apps is super easy. It's like learning to use toothpaste. There's no reason kids can't figure it out when they're older." However, the **essential learning** of childhood (i.e independence, creativity, empathy, resilience, self-regulation) has optimal 'windows' of brain development. Our kids can't spend those windows of time absorbed by screens. Screens are built to be very easy - easy to use and easy to overuse. Learning and growing through daily play and responsibilities is harder, but it creates a happier, healthier, more independent kid and, eventually, adult. That makes life EASIER.

Let's play and learn how to do new things!!

- Plan ahead! Set yourself up for success in your home for screen-free play.
 - [15 Independent Screen-Free Activities to Keep Our Kids Playing](#)
 - Keep a **screen-free bag of tricks** available for when it might be tempting to grab a screen - car rides (short and long), sick day, waiting room, restaurant, shopping, visiting relatives, etc. (books - print/audio, puzzles, sticker book, crafts, sketch book, car games, CONVERSATION!!)
- **Boredom** is a good and necessary thing!! Let your child feel it and deal with it.
- Projects and skill-building activities for kids to try:
 - [Project Ideas](#) - from the [Let Grow Parent Independence Kit](#)

Create an environment of play and challenge for your child in the real world, and they will be better prepared for living as an adult, even in a tech-heavy world.

[Why Tomorrow's Technologists are Today's Screen Free Kids](#)

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DMV Unplugged
Smartphone Free Childhood