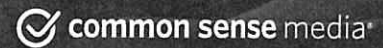


5 Simple Steps to a Healthy Family Media Diet



1

FIND BALANCE

Instead of counting daily screen-time minutes, aim for a balance throughout the week. Get your kids to help plan a week that includes stuff they have to do and stuff they like to do, such as school-work, activities, chores, reading, family time, and TV or gaming. Decide on limits and behavior using our Family Media Agreement.

2

WALK THE WALK

Put your devices away while driving, at mealtimes (learn about our Device-Free Dinner initiative), and during important conversations. Kids will learn habits from you.

3

TALK ABOUT IT

Ask questions about kids' favorite games, shows, and characters. Discuss ideas and issues they read about or learn about through a TV show or a game. This is an opportunity for bonding, learning, and sharing your values.

4

CREATE TECH-FREE ZONES

Set rules that fit your family, such as "no devices during dinner," "no social media during homework," or "all screens off before bedtime."

5

CHECK RATINGS

Choose age-appropriate, high-quality media and tech for your kids. Use our reviews to find good stuff.

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