




# Balance













Do you always worry that your kids are spending way too much time playing video games or watching TV during the summer? Try making a strategic plan for how technology will fit into each day. This might mean “screen-free” hours during certain time periods or a basket where cell phones or game devices are dropped (in the “off” position) during meals or at bedtime. In adopting these approaches, parents will do more than simply diversify their children's activities; they'll be teaching them how to strategize to make the best use of their time.



	MAKE SOMETHING MONDAY	Try new recipe	Craft something	Build with LEGO	Make a block city
M o n					
T u e					
W e d					
T h u					
F r i					



# Summer Schedule

-  8:00 Eat breakfast, get dressed
-  8:30 Empty dishwasher, pick up, help with laundry, check with mom
-  9:00 SCREEN TIME
-  10:00 Play outside, work on a project, play a game
-  12:00 Lunch
-  1:00 Go on an outing
-  4:00 Practice, read, quiet time
-  5:00 Help cook dinner, set the table
-  7:00 Watch TV
-  8:00 Take a bath
-  9:00 Read a book
-  9:30 Lights out!