

# SUGGESTED TECHNOLOGY GUIDELINES

1. Before school is screen free time.
2. Reading and responsibilities first. Have limits on how much time on screens.
3. Dinner time is connection time; no electronics.
4. Turn off all electronics one hour before bed.
5. Bedrooms are electronic free zones. Plug them in outside the bedroom.
6. Establish regular screen free days to promote creativity and exercise.
7. Know what your kids are doing on electronics.
8. If your child gets aggressive or explosive over shutting down or losing tech, it's a good sign they've had too much.



*"There's no WiFi in the forest, but you'll find a better connection."*

*~ Author Unknown*