



Mindsoother Therapy Center

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BALANCING ONLINE & OFFLINE TIME

Media & digital devices are an integral part of our world today.

The benefits of devices, if used appropriately, can be great.

But research has shown that face-to-face time with family, friends & teachers, plays a pivotal & even more important role in promoting children's learning & healthy development. Keep the face-to-face up front & don't let it get lost behind a stream of media.

By decreasing screen time, we will have more time for:

- ✓ Reading
- ✓ Doing hobbies I like
- ✓ Sleeping
- ✓ Being with friends
- ✓ Joining a team or playing a sport
- ✓ Being outdoors

