



Screen-Time Digital Workshop

Module Overview

You can work through the modules in any order and at your own pace.

Here's an overview of each of the modules in this digital workshop:

// Module 1- Introduction

// Module 2- Why kids need limits

// Module 3- Techno-tantrums

// Module 4- Current recommendations

// Module 5- Determining healthy screen limits

// Module 6- Practical tips for managing screen