SCREENSANITY

Digital health STARTING POINTS

CAST A VISION

What values or mantras will guide your family through this season:

START WITH YOURSELF

Friction points to help me model healthy screen use:

TABLES + BEDTIMES

The spaces + times our devices will recharge:

ACCOUNTABILITY

Filters, monitoring services + practices to use as a safety net:

RIDE. PRACTICE. DRIVE.

Using a driver's ed approach to tech training:

TIME WELL SPENT

Meaningful activities to help us grow stronger this season: