

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: