

# THE TECH SOLUTION

**Creating Healthy Habits  
for Kids Growing up  
in a Digital World**



## House Rules:

- **Create Screen-Free Areas:** the kitchen table, the car, bedrooms
- **Create Screen-Free Times:** family meals, homework time, reading, and bedtime
- **Put a Family Charging Station** in an open area like the kitchen
- **Turn Off Screens** when they are not being used, including background TV
- **Shut off the Wi-Fi in Evening**
- **Turn Off Notifications** and auto play on all devices in the home
- **Bedtime Prep:** Teach your kids to avoid screens for at least 2 hours before bedtime.
- **Take a Digital Day Off**
- **Forgive Yourself:** It is natural to fall off a healthy tech diet so recover, & get back on!

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