

BEFORE THE SCREEN, *GIVE THEM TEN.*

They've been away from you all day.
Before the screen, give them ten minutes of real connection.



Connection looks different for every child



MOVE

wrestle, play, run



CONNECT

cuddle, sit close,
be present



RESET

snack, drink,
quiet time



TALK

listen, ask,
let them share

The goal isn't to keep them entertained.
It's to help them come home.



Back to the Child
No blame. No shame. No sides.



backtothechildproject.org