

Parenting in a Digital Age: Your Summer Cheat Sheet

1. Limit Screen Time with Intention

- ☀️ Follow AAP guidelines: under 2 = no screen time; 2-5 years = 1 hour/day
- ☀️ Avoid screens as a default “babysitter.” Try co-viewing or offline alternatives.

2. Protect the Bored Moments

- ☀️ Don’t rush to “fix” boredom. Boredom = space for creativity and Self to emerge.
- ☀️ Offer simple materials: paper, blocks, open-ended toys, nature.

3. Model Stillness

- ☀️ Pause. Breathe. Let your kids see YOU not “doing”, you breathing.
- ☀️ Share thoughts like: “I’m just noticing how quiet it is right now.”

4. Ask Inner-Oriented Questions

- ☀️ “What did you notice today?”
- ☀️ “How does that feel in your body?”
- ☀️ “What made you laugh or wonder?”

5. Create Shared Downtime

- ☀️ Read or draw side-by-side
- ☀️ Sit on the porch and watch the sunset.
- ☀️ Put on music or stretch or paint together.

6. Build Meaningful Nighttime Rituals

- ☀️ Try: “Any questions, comments, or concerns about today?”
- ☀️ Or: “What was your favorite and hardest moment today?”

7. Prioritize Presence Over Productivity

- ☀️ You don’t need a perfect summer – just a connected one.
- ☀️ Small, attuned moments matter more than packed schedules.

