

Summertime Strategies for Parents & Grandparents of Digital Kids



Do you find your kids chained to their devices all summer long? Here are some strategies on how to make this a more balanced digital summer. Below we've highlighted some engaging educational apps, strategies to help you set boundaries on using devices and offer some alternatives for when it's time to shut off the device.

Screen-time strategies

- Make screen time a reward- use a chart to track ways to earn time (chores, good behavior, active play outside, etc)
- Have a wide range of alternative activities- Create a list or a jar with ideas that you can let your child choose from.
 - [50 Indoor Activities for a Rainy Day](#)
 - [Quiet Jar](#)
 - [11 Fun Offline Activities To Do With Your Kids](#)
 - [101 Offline Activities You Can Do With Your Child](#)
 - [Low-Tech Activities for High-Tech Kids](#)
- Model good screen time behavior- have unplugged times for yourself (and the kids)
- Get the kids moving- Use [a chart](#) to track activities. Go to the park, swimming pool, hunt for bugs, etc.
- Set a schedule- When can your children have access? Set screen free times, check-in times, etc
- Track screen time- [Use a form](#). This can help your children see how much time they're spending on their devices.

High Quality Content

Apps & websites that will keep your child's brain engaged.

- [Prevent "Summer Slide"](#)
- [Scratch](#)
- [Khan Academy](#)
- [Minecraft](#)
- [Tween Summer Apps](#)
- Apps for learning – Apple has also created specialized app groups that recommend apps for all grade levels:
 - [Apps for Preschool and Kindergarten](#)
 - [Apps for Elementary School](#)
 - [Apps for Middle School](#)
 - [Apps for High School](#)
 - [Education Collection](#)