14. SUBJECT: What about screen time?

Screen time is a big parenting topic these days. Kids are certainly enjoying more screen time now than ever before in history. With phones, tablets, laptops, TV, and more—even in school—kids are bombarded with opportunities to sit in front of an electronic screen.

Is this a bad thing?

Well, it depends.

Here’s today’s *Tip for Modern Parents*:

**Make sure your child is not using screen time as a substitute for real life.**

You probably already know exactly what this may look like in your home. Maybe it’s choosing to play fantasy games instead of interacting with real people. Or perhaps it’s only engaging friends on social media while shying away from going to a party. It could even be wanting to only watch TV instead of going outside.

Take a close look at your child’s screen time hours, and make a parenting decision based on what is best for your child and your family. Decreeing zero screen time is probably not realistic or sustainable—but helping your child choose real life activities over screen time, day by day, week by week, is.

Onward to better parenting,

ADD NAME