



TECHNOLOGY RESOURCES FOR FAMILIES WITH YOUNG CHILDREN

For inspiration and encouragement to model good tech habits yourself:



- Hands Free Mama by Rachel Macy Stafford

BOOKS

BLOG

Ideas for “Down Time Without Screen Time”

- Legos, tinker toys & other building sets
- PlayDoh
- Drawing and painting
- Train sets
- Fill a bin with water and toys & let kids splash & explore
- Sensory bin with beans or rice & digging items
- Puzzles
- Memory card game
- Books - Look & Find or I Spy books for non-readers
- Coloring & activity books
- Reusable sticker books

Resources for kid friendly, Educational Apps (Click on the icon to learn more)

