

5 Tools for Helping Kids Thrive in a Screen-Filled World



"The Children and Screens Guide for Childhood Development and Media Use (Ages 6-11)"



A research-based guide for parents and caregivers of kids ages 6–11. It covers how screens can impact attention and learning, sleep and physical health, and social skills. It also includes simple suggestions for setting routines and boundaries that fit real family life.

<https://www.childrenandscreens.org/wp-content/uploads/2025/12/Guide-for-Child-Development-and-Media-Use-Middle-Childhood-Ages-6-11.pdf>



The Dinner Table Project newsletter



Family-friendly tools that help build connection and routine through shared meals and conversation.

<https://thedinnertableproject.org>



Help Kids Build Character Strengths



Common Sense Media shares practical ways for using media more intentionally.

www.commonsensemedia.org/articles/how-to-help-kids-build-character-strengths-with-quality-media



How to Make a Family Media Plan



A guided tool to help families set shared priorities and boundaries for media use.

www.healthychildren.org/English/family-life/Media/Pages/How-to-Make-a-Family-Media-Use-Plan.aspx



Help Youth Use AI Safely & Responsibly



Videos and interactive activities to help families and educators explore AI together.

<https://www.commonsense.org/education/families-ai-literacy-toolkit>

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