

Teach These Children

Fivefold enrichment



Unplugged

Developing healthy habits is extremely difficult to begin with a child who has already had free rein over their phone or iPad. Without time constraints, the never-ending scroll can turn into hours of wasted time. If this is your child, the likelihood of them easily being convinced to participate in physical activities will be slim. Is it hopeless? No- you just need to reset your expectations and mind your role as the parent by setting boundaries.

Activity

Get them outside. No matter what the weather, or what you have to do, get them outside. There is always something to enjoy in nature-without their phones. Whether it's a drive or a brisk walk around town, its necessary to connect with your child in an environment where they can see and appreciate the world around them. Otherwise they will keep their heads down and buried in the scroll. There is something to be said about fresh air. While the ultimate goal is to help children develop a hobby to keep them fit, if you are just getting started with Teach These Children and your child is already engrossed in tech, this is a great starting point. If you can't get your child to try new activities on their own, you can take authority over activities you engage in as a family. Make after dinner walks a priority and help your children begin to take "breaks" from phone time for anything outdoors.

TIPS

Your child might be miserable leaving their phone behind. It's okay. You are the parent and your child will learn to over time to enjoy the time away.



Child's belief about self...

I am capable

Family supports development of...

Habits

Focus area:

GOAL

Set guidelines for your children to put down their phones and learn to enjoy time outdoors.

1

Level