



# **Time-Out from Technology: A Kid's Guide to Unplugging and Having Fun (Elf-help Books for Kids)**

*Molly Wigand*

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By establishing reasonable limits and nurturing an open dialogue with our children, we can help them become discerning and thoughtful consumers of digital media. We can implement parental controls and passwords to help set limits for children's time online. More important, though, is setting good examples by mindfully unplugging ourselves from the digital space and spending time offline with our kids, providing them with opportunities to have fun and be stimulated by real life experiences. This balance will help them become smart digital consumers who develop good habits and create healthy relationships.

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