

Power Off and Play!



Let's find a healthy balance.

Kids love to learn and play on their devices. But when they spend lots of time in front of screens, they have less free time for other healthy activities. That's why finding a healthy balance is important. Play supports a child's development and contributes to their physical, social and emotional well-being. We can help our kids build a balanced day filled with plenty of physical activity, face-to-face interactions, family time and fun. It all starts when you encourage them to power off and play!

