

5 SIMPLE WAYS TO STAY CONNECTED WITH YOUR CHILDREN

AGES 7 - 10



CONNECT WITHOUT THE NET

Though technology plays a huge part in our everyday lives, it's valuable to incorporate tech-free time when connecting with children. Below are 5 evidence-based suggestions for spending quality time with children ages 7-10 without the distractions of technology.



1. SHARED ACTIVITIES!

Participate in activities that they enjoy. This could be playing a sport, doing arts and crafts, or engaging in a favorite board game.

2. STORYTELLING AND READING!

Read books together or tell stories. This stimulates their imagination and encourages them to read and share their own stories.



3. CREATIVE PROJECTS!

Engage with them in model building, drawing, writing, cooking, etc. Creativity can be a great way to connect.

4. OUTDOOR ACTIVITIES!

Spend time outside engaging in physical activities such as playing sports, going for nature walks, or having a picnic.



5. SHOW GENUINE INTEREST!

Listen actively and engage in conversations about their favorite topics—dinosaurs, space, or a particular TV show or movie.



For more information visit:
nj.gov/dcf/technoference.html