"We could turn off the TV and go for a walk to relax as a family."



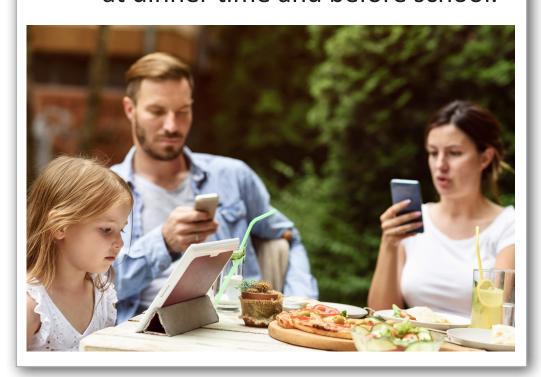
What could you do?







We could set a 'no screen time' rule at dinner time and before school.



What could you do?









Screen-free memories = priceless













