

THE
**COLLIN
CHALLENGE**

#SAVETHEKIDS #SAVETHEPARENTS

8 Hugs 8x/day

-Hugs are proven to increase Oxytocin release in the brain which can help increase happiness and connection

Device-Free Bedrooms

-Create a central charging station for all devices in the home. Put them in the "OFF" position so you can sleep.

No More Phubbing Your Kids

-Parents, go home and evaluate your own phone/screen time and make a goal to be off your screen & present with your kids

No Tech Family Time

-Set one day aside to be designated as "No Tech Day" from 5-9pm. Get a basket and place all devices there

Get the book "Glow Kids" and have your kids read the preface and chapter 1 and write a 2 paragraph book report

Family Screen-Time Contracts

-Create a screen-time contract with each of your children. Sign it and hang it on the fridge

JOMO

-Do something awesome with each of your kids and DON'T share it with anyone

Make sure you have appropriate filters and parental control apps on each smart device including laptops, gaming consoles, and home computers