

**Screen-
free**



MOMENTS!

Did you know ?

The use of screens by and around young children calls for certain precautions.

Dust off your board games!

Use a simple card game with your child:

Build a castle, play battle games, find matching pairs, identify identical numbers, etc.

Discover a new board game for the whole family!

Perhaps your local library has them available for loan, or you could exchange them with your friends.

Make up a story with a game such as *I spy*, *Who am I?* or figurines.

Add sounds and signs to make it more lively!



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