Wait Without Screens

Community Partner Toolkit

BRINGING WAIT WITHOUT SCREENS TO FAMILIES

A guide for educators, consultants, and community organizations



A SIMPLE IDEA WITH A BIG IMPACT

Wait Without Screens encourages families to see everyday waiting moments as opportunities for conversation, play, curiosity, and connection. It's not about eliminating screens, but about expanding options.

1 INTRODUCE THE CAMPAIGN

(2–3 Minutes)

Use simple, positive language to explain the idea:

> *"Wait Without Screens is a campaign that encourages families to see everyday waiting moments as opportunities for conversation, play, curiosity, and connection. Not every wait needs a screen. Even a few minutes without a screen can make a difference."*

2 SHARE EVERYDAY EXAMPLES

(1–2 Minutes)

Invite families to think about waiting moments in their daily routines, such as:

- Restaurants
- Doctor's and dental offices
- Grocery stores
- Pickup and drop-off lines
- Appointments and meetings
- Sporting events and activities
- Travel and errands

You don't have to create more time. You just have to notice the time that's already there.

3 TRY A QUICK ACTIVITY TOGETHER

(5 Minutes)

Give families a chance to experience an idea they can use right away. Here are a few options:

I Spy and Beyond
Take turns noticing and describing things you see. Try finding something of each color.

Make Up a Story
Choose something nearby and create a story together. Take turns adding a sentence.

Wonder Together
Look around and take turns asking "I wonder?" questions. There are no wrong answers!

4 SHARE RESOURCES

(1 Minute)

Provide families with the *Not Every Wait Needs a Screen* handout and let them know they can find more ideas, printable activities, and research at:

WaitWithoutScreens.com

5 KEEP IT SUPPORTIVE

- Acknowledge that every family has different needs and circumstances.
- Emphasize options, not rules.
- Celebrate small steps.
- Focus on what works for each family.
- Remind families that screens are sometimes a helpful choice — the goal is to expand their options.

TOGETHER WE CAN HELP MORE FAMILIES FIND OPPORTUNITIES IN EVERYDAY WAITS.

Visit **WaitWithoutScreens.com** to explore and share free resources.

Wait Without Screens is a campaign created by Cynthia Terebush, Early Childhood Specialist.