

10 SCREEN-FREE WAYS TO KEEP KIDS BUSY

Whether you need to cook dinner, take a phone call or need a few moments to catch your breath, it's easy to hand the kids your phone or sit them in front of the television. Here are some options that will keep them distracted without turning on a device.

JUST FOR KIDS

ROCK BAND

Get out the pots, pans and spoons and let your little one create some music while you finish your tasks.

COLORING

Coloring books are great, but in a pinch, blank paper lets kids' imaginations run wild. Ask them to draw a placemat for the table while you cook dinner.

BUILD A FORT

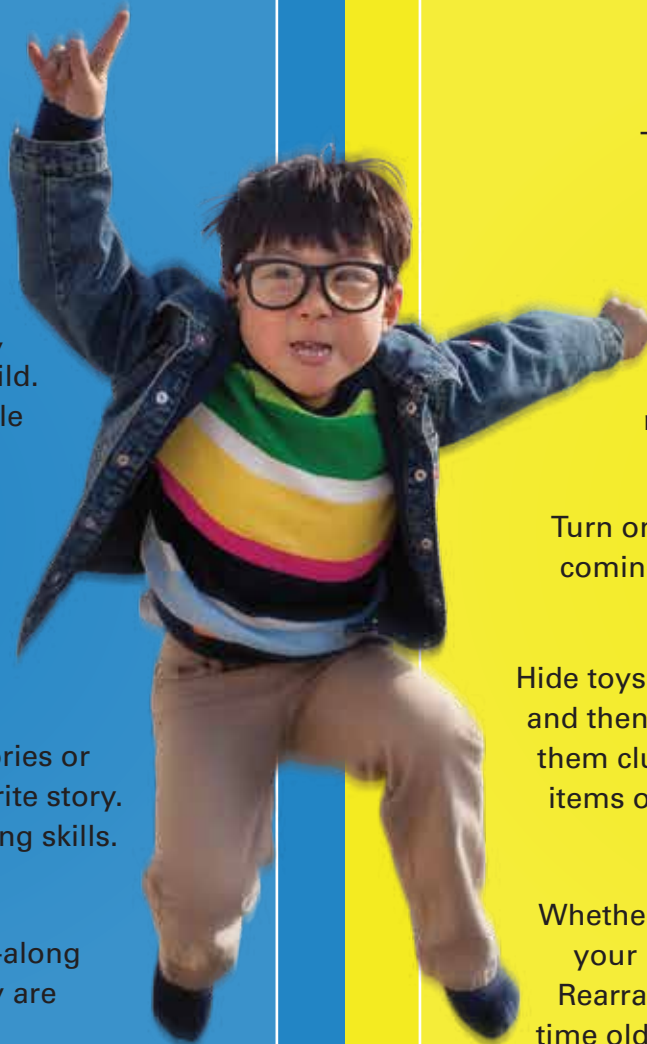
Let the kids take over a room in the house and see what they can build with pillows and blankets.

READING

Buy a CD of someone reading kids' stories or record yourself reading your child's favorite story. This also helps your child develop listening skills.

CONCERT

Let your kids' play their favorite sing-a-long soundtrack and let them pretend they are performing on stage.



AS A FAMILY

TAKE A WALK

Try taking a walk before or after dinner to catch up on each other's day.

TUMMYTIME STRETCH

If you have a little one who isn't quite walking yet, you can lay them on their tummy and place toys just out of their reach so they have to stretch to get them.

DANCE PARTY

Turn on their favorite songs and take turns coming up with your own moves.

SCAVENGER HUNT

Hide toys and other simple objects around the house and then see if your toddler can find them. You can give them clues by showing them a list with pictures of the items or telling them what has gone missing.

OBSTACLE COURSE

Whether you are indoors or outside, set up objects for your kids to climb over, crawl under or go through. Rearrange the course and then start all over again or time older kids to see how fast they can get through.