



Winter Break Digital Wellness Guide

Top 5 Takeaways	Service Opportunities to Boost Mattering
<p>1. Start Strong Have a conversation about screen rules and goals on day one of break. Work together with your child to set boundaries.</p> <p>2. Use Tech Tools Set up Screen time and Downtime Controls. They reduce nagging and protect sleep schedules.</p> <p>3. Plan Ahead Create a family bucket list of activities —baking, volunteering, ice skating, game nights. Don't let free time default to screen time.</p> <p>4. Give Them Purpose Kids who contribute at home or volunteer have lower anxiety, higher grades, and better mental health. Assign age-appropriate chores and responsibilities.</p> <p>5. Model Good Habits Be the example. Turn off notifications during family time, charge phones outside bedrooms, and talk about your own screen struggles.</p>	<p>1. New York Cares NYC’s largest volunteer network with an updated database of opportunities by age group, neighborhood, and interest. Winter and holiday projects are highlighted during December and January.</p> <p>2. NYC Service The official city portal for connecting residents with local nonprofits and community initiatives. Allows filtering for family-friendly and seasonal events.</p> <p>3. Doing Good Together Publishes monthly lists of creative, family-focused volunteering projects throughout NYC.</p> <p>4. Volunteer New York Central hub for volunteer options in the greater NY region, including specific holiday initiatives for all ages.</p> <p>5. Hope For New York Aggregates faith-based and secular service options, with updated lists for holiday and winter volunteering programs.</p>