



Winter Break Digital Wellness Guide

Top 5 Takeaways

1. Start Strong

Have a conversation about screen rules and goals on day one of break. Work together with your child to set boundaries.

2. Use Tech Tools

Set up ScreenTime and Downtime Controls. They reduce nagging and protect sleep schedules.

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.

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.

5. Model Good Habits

Be the example. Turn off notifications during family time, charge phones outside bedrooms, and talk about your own screen struggles.

Service Opportunities to Boost Mattering

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.

2. NYC Service

The official city portal for connecting residents with local nonprofits and community initiatives. Allows filtering for family-friendly and seasonal events.

3. Doing Good Together

Publishes monthly lists of creative, family-focused volunteering projects throughout NYC.

4. Volunteer New York

Central hub for volunteer options in the greater NY region, including specific holiday initiatives for all ages.

5. Hope For New York

Aggregates faith-based and secular service options, with updated lists for holiday and winter volunteering programs.