## Digital Family Resource List

### Caregiver Resources
- **How to Scale back Screen time over School Breaks**
  - [Screen Time](#)
- **Growing Independence Tips for Parents**
  - [Parent tips](#)
- **Parent Help 123**
  - [https://www.parenthelp123.org/](https://www.parenthelp123.org/)

### Try these APPs
- **GEO Board APP**
- **Math Game**
- **Mad Libs**
  - [Mad Lib](#)

### Printable Activities
- **Count and Color Activity**
  - [Count and Color](#)
- **Same, Different, New**
  - [Back to School](#)
- **Vacation Mad Lib**
  - [Mad Lib](#)
- **Mindfulness Jar Craft**
  - [Science Experiment](#)

### Play & Learn Websites
- **The Cat in the Hat**
  - [Cat in the Hat](#)
- **Universal Kids**
  - [games and videos](#)

### Videos to Watch
- **Pete the Cat**
  - [I Love my White Shoes](#)