

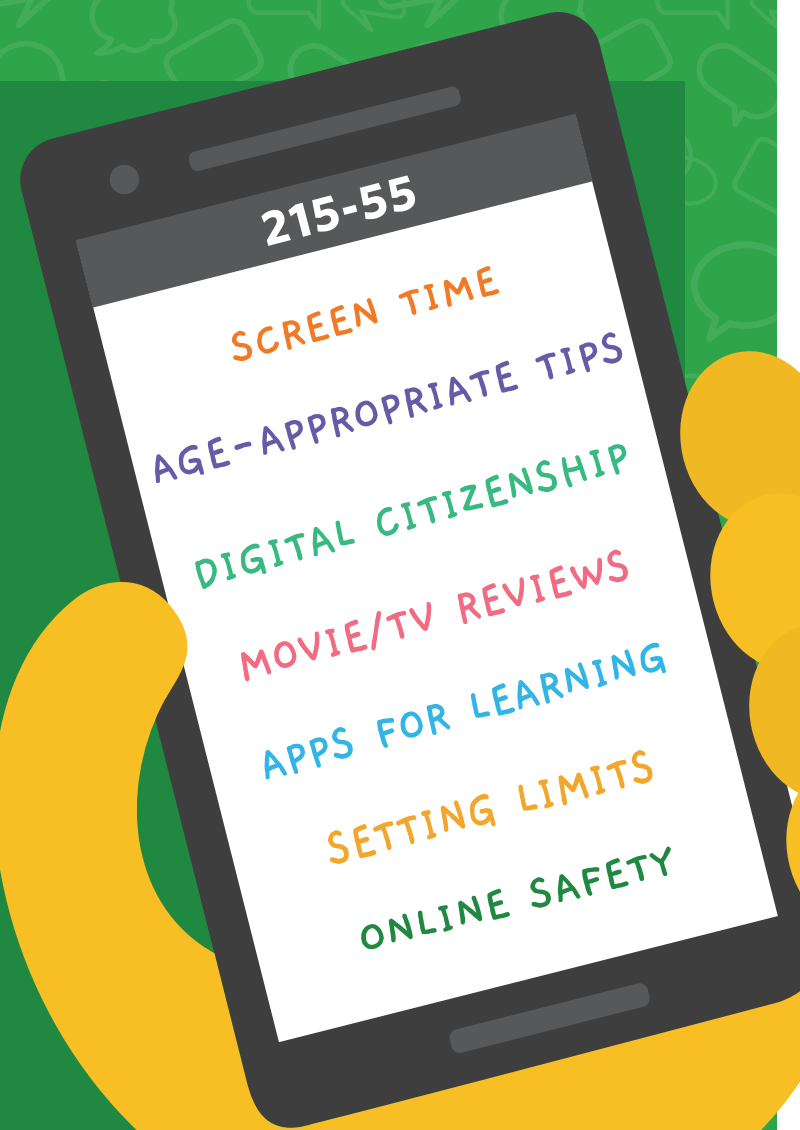
FOR  
PARENTS OF  
3-TO 8-  
YEAR-OLDS



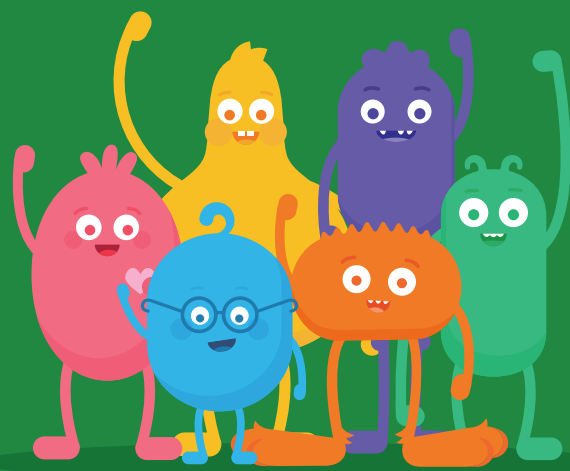
# Tech Balance

Receive free text message tips about how to practice healthy media habits at home with your family!

- 1 Just text the word **kids** to this phone number  
**21555**
- 2 Answer a brief survey.
- 3 And that's it! You'll receive weekly messages with tips and much more!



It is absolutely **FREE** to sign up for this program. Text message charges from your mobile provider may apply.



*"We, the Digital Citizens!"*

For more info, visit [www.commonsense.org/techbalance](http://www.commonsense.org/techbalance).

Common Sense is the leading independent nonprofit organization dedicated to helping kids thrive in a world of media and technology.