

Keeping An Eye on Screen Time

According to a consumer insights study conducted by T-Mobile, 83 percent of parents plan to or already have purchased their child a smartphone by 13 years of age. Atlanta mother of two,

Monica Awe-Etuk (left), is the founder of lifestyle website awedbymonica.com. Here, she shares her tips for managing kids' screen time:

Set boundaries. Agree to the "sacred rules of phone use" with your child—such as daily limits like 30 to 60 minutes a day—as well as consequences for disobeying the rules.

Take control. Both Apple and Android devices come with parental controls and screen time tools. T-Mobile's FamilyMode also allows you to set content filters, pause internet access or give screen time as a reward for good grades or behavior.

Be a model. Set good examples with your own etiquette, such as not using phones at the dinner table or engaging in negative self-talk.

Details: www.awedbymonica.com; www.t-mobile.com



Conscious Kids



(L TO R): KIM NORMAND DOBRIN, BRENT HENRY FEINBERG

Free the Mind Co (previously With Love From Freddie) nurtures the emotional and social development of individuals of all ages by tackling topics such as anxiety. Created by Sandy Springs residents Kim Normand Dobrin, and Brent Henry Feinberg, author of "Freeing Freddie The Dream Weaver," this organization provides books, curriculum, teacher training, and interactive workshops for teachers and parents to enhance the social-emotional skills of little ones.

Details: www.freethemindco.com/schools



A Comforting Read

Written by Smyrna local Katina J. Currin, DNP, APN, CRNA, "**Nosey Nancy and the Never-Ending Nosebleed**"

helps quell anxiety and fear that arises in parents and children when it comes to pediatric hospital visits. The recently released book for youngsters ages 6 and above shares the story of Nancy and how her nurse anesthetist, Neer, transforms her feelings about an upcoming procedure for her ongoing nosebleeds.

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Details: www.nurseneeneeseries.com

Garden Growers



(L TO R): NEHA DEVINENI, TYSON YOUNG

What was a simple green space has flourished into an award-winning garden at **Riverwood International Charter School**. Recipient of a Fulton County Citizens Commission on the Environment 2019 Environmental Award, this innovative wonderland serves as an outdoor educational area. It features 16 raised beds (including one that is handicap accessible) with herbs, fruit trees, compost and pollinator gardens.

Details: 5900 Raider Dr. NW., Sandy Springs; www.school.fultonschools.org/hs/riverwood

Photos courtesy of (top left) Monica Awe-Etuk, photography by Reynolds Rogers; (bottom left) Free the Mind Co; (top right) Katina J. Currin, DNP, APN, CRNA; (bottom right) Riverwood International Charter School.