

Free Text Message Tips for Elementary School Families from *Common Sense Media*

Managing your children's media and tech consumption is not always easy. *Common Sense Media* wants to help by sending you free text message* tips about how to practice healthy media habits at home with your family. All you have to do is text the word "Kids" to this phone number: 21555 and enjoy great tips to help you and your family balance the use of technology. Click here for more information and a video on [tech balance](#).

Suggested by West Hill Media Specialist **Gabrielle Sobilo**

Text and data rates apply according to your cell phone plan