



MAKE ANY WAITING SITUATION AN OPPORTUNITY

for BRAIN DEVELOPMENT & STRENGTHENING RELATIONSHIPS

AN ALTERNATIVE TO SCREEN USE TO RELIEVE BOREDOM AND PASS THE TIME –
100+ EDUCATIONAL ACTIVITIES IN THE PALM OF YOUR HAND



EMOTIONAL SKILL DEVELOPMENT

Learning to wait & regulate one's feelings during waiting is a crucial life skill and is a method of self control. Learning to deal with the the feelings of frustration & anxiety that can accompany waiting, children gain confidence in challenging situations.



COGNITIVE DEVELOPMENT

App activities had to provide opportunity for cognitive function development like memory practice, problem solving, emotional regulation etc. and familial interaction and growth mindset practice



STRENGTHENED RELATIONSHIPS

Often times challenging situations result in negative interactions between parent & child. This can disrupt cognitive development. Attentional capacities can be improved by nurturing parents. Constant support, shared experiences & time spent together are the foundations of cognitive function. The app provides a resource that brings positivity to otherwise challenging situations.



SCREEN USE GUIDELINES

From American Academy of Pediatrics and World Health Organization

Birth to age 2 = NO SCREENS

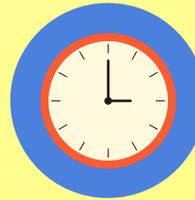
AGE 2-5 NO MORE THAN 1 HR A DAY

App helps adhere to these guideline



RESEARCH BASED ACTIVITIES

Each activity in the app shows the mental and physical benefit to a child's brain and body



ATTENTION SPAN

Developmental expectations for how long children can maintain focus or wait is **2-3 minutes per year of age**

App activities provide ATTENTION RESET

HOW IT WORKS

This is an app for parents, children never look at the screen, EVER. Within the app, the parent selects which waiting situation they are faced with; *restaurant, lines, appointment, traffic etc.* and then creative, engaging activities pop up for that specific situation. Parent quickly reads the easy instructions & then phone goes away and face to face fun & interaction begins.

Waiting becomes an OPPORTUNITY no parent should
waste having children glued to a screen!



ANDROID

For more information visit:
www.whileweregrowing.com



APPLE