



Top Tips To Keep Children Busy And Engaged During School Break

(NAPS)—When the final bell rings for the school year, many parents have concerns about how to keep their children active and engaged without the structure of attending class.

In 2025, the challenges are more complex than ever, driven by technology, social media and a rapidly changing world. With the right mindset and game plan, however, parents can navigate these challenges and build stronger, healthier relationships with their children.

Challenge: Peer pressure and social media

Teens feel the need to conform to standards set by friends or what they see online. Help them understand that online doesn't reflect reality.

To cope, discuss the impact of social media. Encourage critical thinking and how to evaluate content. And consider setting limits on screen time.

It may also be a good idea to consider changing your internet service provider, as many teens using multiple devices can consume all your bandwidth, suggests Eze Fiber, one of the leading high-speed Internet service providers.

Challenge: Communication breakdown

A major struggle facing many parents and children is communication. Teens can become withdrawn and less open to sharing.

To cope, consider focusing on listening without interrupting. Set regular check-ins to discuss topics one-on-one. And find common ground, such as engaging in activities your children enjoy, perhaps gaming or streaming entertainment.

Challenge: Setting boundaries

As children increasingly become more tech savvy, they may seek greater privacy. Parents can struggle with finding the right balance.

To cope, discuss topics such as trust and boundaries. Your children need to know you trust them, but a parent also has to keep them safe. Gradually give them more privileges over time as they prove they can handle it. And be clear about expectations; children need to



Wherever you spend the school break, you can help your children have an enjoyable and productive time while on vacation.

know the family rules and values, and consequences for breaking either.

Challenge: Technology overuse

Spending too much time behind screens isn't good for children, and they need a variety of activities to ensure they are developing physically, emotionally and mentally.

To cope, set screen time limits and get your children to focus on offline activities such as reading and exercise. Designate certain times or areas (e.g., dinner table) as screen-free zones to encourage face-to-face interaction. And be a role model so your children understand that limits are followed by parents too.

Moving time often means evaluating home service providers

Summer also can mean moving for many families. It's important to check with home service providers to ensure they still fit the family's needs.

Many have failed to keep up with having enough high-speed Internet service bandwidth as the average home has more than 20 connected devices in 2025, says Eze Fiber.

To learn more about Eze Fiber's offerings, go to EzeFiber.com where you can check out the packages and deals.