



Just 10 Minutes a Day Can Change Everything

Stronger bonds. Happier kids. Healthier families.

At Just 10 Minutes, we believe every child deserves to feel deeply connected to their family. Small moments of undistracted interaction can make a powerful impact on a child's emotional well-being, brain development, and social skills.

We empower families to embrace these moments, "just 10 minutes" of intentional, quality time each day. Through resources and inspiration, we help families strengthen their bonds and create lasting memories, proving that every minute spent in connection truly counts.

With Just 10 Minutes You Can:

- Nurture lasting bonds
- Support holistic growth
- Build resilient and loving communities

Adventure awaits. Join the fun.

Make the most of the moments that matter. Head to our website to learn more about Just 10 Minutes, discover opportunities to get involved, and explore engaging screen-free activities filled with fun!



www.justtenminutes.org

In partnership with:

