when a child enters school schedules can get even busier. In fact, your child's schedule, and yours may at times be harried and overwhelming. But free time is important for children especially as they enter puberty and adolescence. While too much free time can become problematic it's important for parents to make sure that their tween has a balance between scheduled activities and time for themself. Children should have suitable free time and use it in a good way and not waste things that may do them to laziness or violence or that may be a danger to their lives. We must make sure that they have enough free time in a good way, such as playing sports and going to art lessons and music and we should keep them away from video games, phones, and anything related to the Internet. And in another way, they should have time dedicated to relaxation and resting the brain, because children’s bodies need this thing. We must balance these things, and not everything is playing, relaxing, studying, or doing any activity. We must balance these things and ensure their comfort. To have a healthy life

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