

SO YOU THINK YOU HAVE A PROBLEM

HOW TO DIAGNOSE A SCREENTIME ISSUE

01

YOU'RE UNHAPPY

If you are unhappy or frustrated with screens and screen time management, that is a great sign that things need to shift.

FIGHTING, WHINING, EXCESS ASKING

If you are tired of the whining, the asking for the screen, or the fighting over who holds the remote- that's a signal it's time to make a shift.

02

ISSUES GETTING OFF SCREENS

The most surefire signal that you're dealing with a screentime issue is that your child struggles to get OFF of screens. If there is a meltdown everytime the show or game is over- that is a sign your child's focus is too narrow and it's time to make changes.

03