

SCREENTIME PLAN

things to consider

the kids' ages & profiles

your beliefs

the kind of screens used

why you use screens

adult agreement

Adults should agree ahead of time what will work for your family. How much time do your children need? When can they have that time? On what devices? How is the boundary held?

language & family rules

When you're setting rules, focus on using positive language, being consistent, and supporting your kids to cooperate. Avoid no, not & don't in your language about screens. Consider some family rules.

address root issues

When deciding what you're going to change, address the root issue: if you're using screens when you're exhausted or to answer emails, make a self care plan or brainstorm what else the kids can do while you work.

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our beliefs

What do you believe about screens and screentime access?

our kids

How do your particular kids respond to screens? What do they need?

our rules

What are the rules in your family?

our words

What words will you use? Focus on positive language and framing.