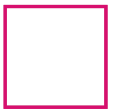


TOP SCREEN TIME

Tips



BE CURIOUS

...not furious. Open a conversation. Accept that you *don't* understand and enter with wonder.



CLEAR BOUNDARIES

Adults decide what the boundary is prior to presenting it to the children. State it in the positive. Be consistent.



GETTING OFF

When your child struggles to get off a screen- that's your cue that it's too much time. Reduce use or take a break.



INTENTIONALITY

Consider how you want screens in your family life, intentionally. Is an hour/day ok? Weekends only? Games after homework?



CO-VIEWING

Co-viewing and co-gaming are strong ways to gain a window into your child's experience- and to nurture conversation about what happens on the screen.



CHECK YOUR USE

Modeling is your strongest parenting tool. Get off your own screen sometimes & use intentionally. Open the conversation with the kids.