



BEST PRACTICES

- 1)** No electronics at mealtimes (yes – Mom and Dad, too!)
- 2)** Have a standard time to turn in all electronics each evening and place them on the family charging station. If needed, put the charging station in parents' bedroom. Include cables for larger gaming devices and computers.
- 3)** Consider whether to allow video games on school nights based on age, stage, and available leisure time.
- 4)** Limit electronic usage on the weekend.
- 5)** Traditional alarm clocks should replace smartphone alarms in all bedrooms.
- 6)** Have regular family meetings and discuss your rules often.
- 7)** Use written contracts for all electronic devices used by children and teens.