



CHEAT SHEET FOR SCREENTIME MANAGEMENT

- 1)** Assess how much occupational and recreational screentime your child currently uses. This data will allow you to know where to target change.
- 2)** Do not allow your child's bedroom to become a silo of entitlement. Bedrooms are for sleeping.
- 3)** Take back prime conversation times, such as dinner, riding in the car, and vacations. Don't allow them to be usurped by screens.
- 4)** Be nose-y about where your child is going online and who they are talking to. Don't comment on everything but look for dangerous trends.
- 5)** Have a plan that is straightforward and clear, and which requires a balance of screen-based and non-screen activities.
- 6)** Strictly limit access to screens for young children. Free play is critical for brain development.
- 7)** Be intentional when you allow access to different types of technology at each age and stage. Create a rite of passage and/or trial period with heavy monitoring to start.
- 8)** Have an agreement, contract, or plan as each new item is introduced.