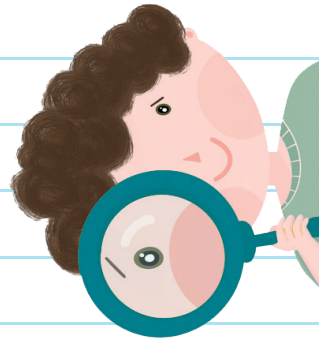


SCREEN TIME

1

LET'S TAKE A CLOSER LOOK!



Sit down together with all family members

Answer the following questions and write down your answers.

- ✓ When and where does your family use screens?
- ✓ In the morning? In the evening?
- ✓ At the table?

- ✓ Do children have screen time alone?

- ✓ Is screen time a conflict in your home ?

- ✓ Are there screens in the bedrooms?

- ✓ Where do you charge your devices overnight

- ✓ As a family, what would you like to change?

- ✓ Why?

SCREEN TIME

2



A LITTLE REMINDER

- ✓ It is necessary to establish rules
- ✓ When children participate, they accept the rules more readily.
- ✓ The rules must be understood and respected.
- ✓ The rules need to be noted and visible to all.

A few ideas...

- ✓ Always ask before using a screen.
- ✓ No screens during mealtimes.
- ✓ Screens will be turned off an hour before bedtime.
- ✓ Maximum screen time recommended for 6-9 year-olds: 30 minutes

THREE MANDATORY RULES

- ✓ Apps and games are chosen together (adult + child).
- ✓ Screens are used with an adult present.
- ✓ Parental controls are in place.

On the next page, you will find space
to create your own family rules. 😊

SCREEN TIME



I agree to respect the family screen time rules.

Signature (parent or parents)

Signature (child or children)

SCREEN TIME

3

SET AN

EXAMPLE




A LITTLE REMINDER

Children learn through imitation. Setting an example is a powerful way of educating them on healthy screen use. Telling them what to do is not enough.

A few ideas . . .

- ✓ For example : Read a newspaper at the table. Don't check your phone or emails.
- ✓ It is important that you respect your own rules
- ✓ Do what you expect your children to do



Be available
for your children.
They need attention.



SCREEN TIME

4

HOW ARE YOU DOING?



Bring all family members together again.

- ✓ Everyone must be able to express themselves freely
- ✓ Make this a positive moment of sharing.
- ✓ Children love sharing what they do online. Talking about screen time and taking stock should be done regularly.
- ✓ Which rules were you able to respect?
- ✓ Were there rules that were difficult or not possible to respect?
- ✓ How did you feel?
- ✓ Was it difficult? If yes, what was difficult?
- ✓ Do you think these new rules helped your family? How?

Decide which rules work and which rules might need to be adapted to meet your families personal needs. Take note of the changes.
Hang the amended version in plain sight.

Find a way to congratulate your child for the rules they were following.
Celebrate your success as a family. 😊