

Our Family

FAMILIES
for
LIFE

Screen Time Rules

1

No screens in our bedroom or when we eat at the table (parts of home).

2

We will turn off all screens 1 hour (time period) before bedtime.

3

When we're not using screens, we can read books, do puzzles, or play with toys (examples of screen-free activities).

4

If we see something scary or confusing, we will tell Mummy or Daddy (who) right away.

5

We will tidy up our toys and complete any chores (tasks to complete) before we can watch or play on screens.

6

We will play games such as card games (examples of screen-free games) that do not have screens every day.

7

If we eat together without screens, we get an extra movie night (reward)!

8

We will tell the truth if we don't follow these rules.

9

If someone keeps breaking the rules, they can't use screens for one whole day (consequence).

