

WHEN YOUR CHILD Throws a Temper Tantrum

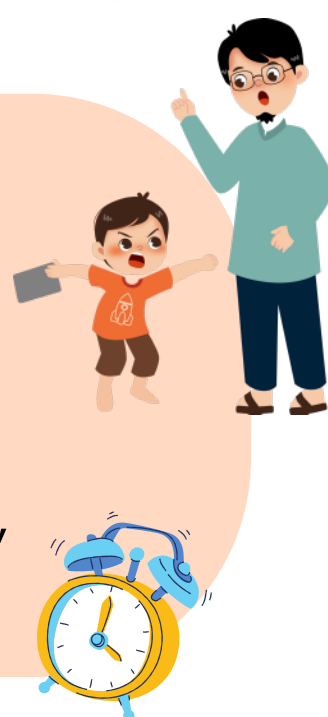
Helping Your Child Manage Screen Use



1

Use a visual timer so that they can watch the count down.

Give advance notice before screen time ends: "When you hear the alarm in 10 minutes, it means that screen time is over."



2

When the time is up, ask what the screen-time agreement is. Remember to pause to give your child time to reply.

Acknowledge their feelings: "I know you're disappointed about stopping."

Refer to the agreement to remind your child what will happen if it has been followed and/or what will happen if it has not been followed.

Praise your child when he/she keeps to the agreement.



3

Exercise predictability - Stay calm and stick to your boundaries. Follow through with the agreement, even when they're upset.

Remember that helping them through these big emotions is part of teaching them to cope.



4

Have a fun activity ready to do next - don't leave them wondering what comes after screens.

