

WHEN YOUR CHILD Goes Silent & Sulky

Helping Your Child Manage Screen Use



- 1 Don't take their silence personally or get into a power struggle.



- 2 Give them space to cool down while keeping your screen time boundary in place.

- 3 When things are calmer, ask how they're feeling about screen time limits.



- 4 Let them know you understand they're disappointed while explaining why limits matter.



- 5 Work together to create screen time rules that give them some say in the matter.

- 6 Show them how you handle frustration in healthy ways.



- 7 Consider whether they're trying to tell you the current rules don't feel fair.

