## WHEN YOUR CHILD

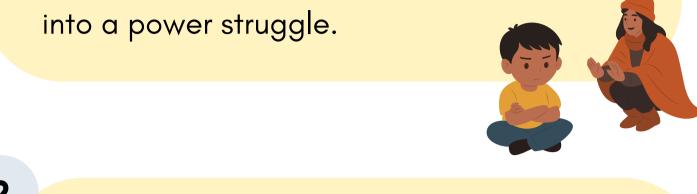
## Goes Silent & Sulky

Helping Your Child Manage Screen Use



1

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



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

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.



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.



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

