

Make a Family Screen Time Plan That Works



1. Set screen time limits.

Decide how much time is OK per day and stick with it. Be consistent, with flexibility for special occasions.



2. Make screen time intentional.

Ask: What are we watching? Why are we watching it? Choose high-quality content and talk about it afterward.



3. Prioritize play, connection & rest.

Make screen-free routines the norm during meals, play time and bedtime.

4. Model good behavior.

Let your kids see you choosing connection over scrolling. Put your phone away during family time.



5. Keep screens out of bedrooms.

Sleep and screens don't mix. Bedrooms should be calm, screen-free zones, especially at night.

Create your own customized family media plan with the American Academy of Pediatrics' tool at [healthychildren.org](https://www.healthychildren.org).

Unplug and Play: Creative Screen-Free Ways to Connect

Move your body

- Go for a walk or bike ride
- Dance around the living room
- Run through the sprinkler or play in the water

Create something

- Paint rocks or make sidewalk art
- Use cardboard to build something
- Try watercolor pencils or another new art supply
- Bake cookies or cook a simple meal together

Play together

- Pull out board games or card games
- Make up a game with your own rules
- Pretend play

Explore the world

- Visit the park or the library
- Start a collection
- Go outside and notice the beauty around you

Slow down and connect

- Snuggle and read a book
- Sit and talk with each other — no screens, just conversation
- Let yourself be bored and see what creativity comes next



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