Battling Screen Time Takeover
20 Strategies for Busy Families

- Discuss internet safety and etiquette with your children
- Never use screen time as a reward
- Natural breaks to transition (end of show; completed level)
- Make screens inconvenient (dock out of sight; TV in cupboard)
- Have tech-free zones (dinner table? bedrooms? car?)
- Turn screen time off during play dates and visits with friends
- End screen time a minimum of 1-2 hours before bed
- Invest in an alarm clock (keep screen temptations away from bedtime)
- Position computers and TVs in easy to monitor areas
- Implement the following controls:
  - family share for Apple devices
  - turn off iTunes explicit lyrics
  - lock out inappropriate YouTube content
  - disable autoplay on Youtube, Netflix, etc
- Turn off background tv
- Co-view tv with your kids
- Turn off or use a filter on phones to block blue light
- Try gray scale on phones and tablets
- Experiment with accessibility settings on phones to limit access
- Create a kids account with only kid-appropriate apps and options
- Let go of variety when it comes to shows/programs
- Create a screen-free backup plan for in the car and on-the-go
- Keep a running list of "Things to Google Later"
- Model the behavior you want to see

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