



Manage Screen Time: End the Power Struggles

Is Screen Time a problem for my child?

- Is screen time affecting my child's relationships with me, peers or siblings in a negative way?
- Is it difficult to pull my child away from screens?
- Is my child giving preference to screen time over in-person interaction?
- When my child has had a bad day, does screen media seem to be the only thing that helps him/her feel better?
- Is my child sneaking screen time?



Develop a healthy relationship with your device

- Set your intention: What do I want to pay attention to?
- Set yourself up for success:
 - o Set digital curfew
 - o Use digital health services offered by your phone
 - o Set screen free time throughout the day, following the rules you set up as a family
- Think about how you want your children to remember your relationship

Ideas for “no screen” time

- **What's old is new again** – kids rediscover older toys like board games and Rubix cubes
- **Restorative power of the outdoors** – even a little time outdoors can have a positive effect on well-being and reduce stress
- **Rough and tumble play** – strengthens neural connections, emotions regulation and problem solving
- **Drawing, painting and crafts** – even simple art projects or drawing together or independently strengthens brain activity; talk with your child about what activities and materials they enjoy

