



## 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?

