

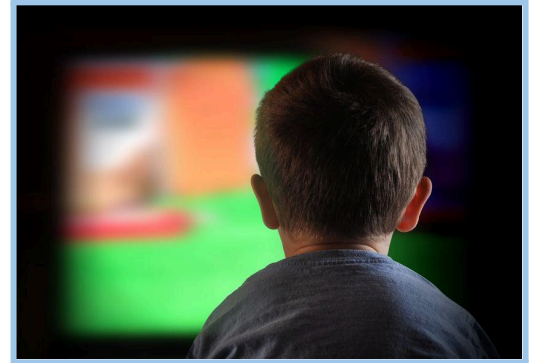


# Tools to Help Families Break the Screen Cycle

## 1. Physical Tools

*Create a pause between impulse and action.*

- **Brick:** <https://getbrick.app>
  - Physically blocks distracting apps until you tap your phone on the device.
- **Kitchen Safe:** <https://www.thekitchensafe.com>
  - Locks devices away for set periods to support screen-free routines.



## 2. Awareness & Focus Apps & Tools

*Build awareness and support more intentional use.*

- **BePresent:** <https://bepresentapp.com>
  - Builds awareness of phone use and encourages focus through goals and streaks.
- **Apple Screen Time (iOS):** <https://support.apple.com/en-us/HT208982>
  - Built-in tools to monitor usage, set limits, and schedule downtime on Apple devices.
- **Google Digital Wellbeing (Android):** <https://wellbeing.google>
  - Tracks screen habits and helps set app limits, focus modes, and bedtime schedules.
- **Forest App:** <https://www.forestapp.cc>
  - Gamifies focus by growing a virtual tree when you stay off your phone.
- **Google Router:** [https://store.google.com/us/product/google\\_wifi?hl=en-US](https://store.google.com/us/product/google_wifi?hl=en-US)
  - Manages home Wi-Fi, allowing you to pause internet access and set schedules for family devices.
- **Aura:** <https://www.aura.com/>
  - All-in-one digital safety platform with parental controls, screen time limits, and online protection.
- **Family IT Guy:** <https://www.familyitguy.com/>
  - Provides step-by-step guidance for setting up parental controls across devices.
- **Bark:** <https://www.bark.us>
  - Monitors online activity and alerts parents to potential safety concerns like bullying or risky content.
- **Qustodio:** <https://www.qustodio.com>
  - Offers screen time limits, app blocking, and detailed usage reports.
- **Net Nanny:** <https://www.netnanny.com>
  - Provides real-time content filtering and screen time management.
- **Opal:** <https://www.opal.so>
  - Blocks distracting apps with customizable focus settings.
- **Freedom:** <https://freedom.to>
  - Blocks apps and websites across phones, tablets, and computers.
- **Stay Focused:** <https://www.stayfocused.me>
  - Helps teens and older kids limit app usage and reduce distractions.



### 3. Family Connection & Screen Balance Tools

*Aligns especially well with Peace At Home principles*

- **Global Day of Unplugging** March 6-7, 2026: <https://www.globaldayofunplugging.org>
  - Encourages families to take intentional breaks from screens.
- **Screen-Free Week:** <https://www.screenfree.org>
  - Provides family-friendly activities and planning tools to reduce screen use.

### 4. Content & Digital Literacy (For Older Kids & Teens)

*Helps kids understand, not just limit, tech use*

- **Common Sense Media:** <https://www.commonsensemedia.org>
  - Offers reviews, screen time guidance, and digital wellbeing resources.
- **Wait Until 8th** (phone delay movement): <https://www.waituntil8th.org>
  - Supports families in delaying smartphone use and building shared community norms.

### 5. Simple, Low-Tech Tools (Highly Effective, Often Overlooked)

*Reinforces “don’t rely on willpower—change the environment.”*

- **Yondr:** <https://www.veryondr.com>
  - Uses secure phone pouches to create phone-free spaces and moments.
- **Time Timer:** <https://www.timetimer.com>
  - Helps kids visualize time remaining, making transitions off screens easier.

### 6. Family Agreement Tool

*Reduce daily power struggles with clear expectations.*

- American Academy of Pediatrics Family Media Plan:  
<https://www.healthychildren.org/English/media/Pages/default.aspx>
  - Helps families create personalized, age-appropriate screen use guidelines.

Tools can help, but the real shift comes from **structure, connection, and support**. Start small, stay consistent, and build from there.

Breaking the screen time cycle doesn't happen overnight. It's messy. But if you lead with empathy, stay calm when the feelings get big, and prioritize your connection over the battle, you'll find your way through.

**You've got this.**

**[Follow along for our 52 weeks of tips and tools to Break the Cycle in 2026.](#)**

