



Connected Kids: Break Screen Habits and Build Strong Families

Practical Steps to Build Connections and Manage Technology

Schedule Technology Around Life



Anchor routines first - Set clear non-negotiable points of order like school departure, active outdoor play, chores, and face-to-face family meals.

Tech as earned leisure - Introduce screen access only after essential physical and household responsibilities are fully completed. Establish clear expectations.

Protect bedtime spaces - Power down all home devices at least 60 minutes before bed. Keep bedrooms screen-free to avoid physiological disruptions to deep sleep.

Guide kids step by step through digital spaces – Like learning to swim. Teaching self-regulation is more effective than using sudden total prohibitions

Create Shared Screen Experiences

They open natural pathways to discuss digital values, safety, and online behavior.

- Instead of letting screens isolate family members, use them to connect
- Play an engaging game together, research shared family interests, or host weekly family movie nights
- Co-viewing and co-playing shift screen use from a passive individual habit to a shared experience



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Practical Steps to Build Connections and Manage Technology (continued)

60 Minute Digital Shutdown – Preserve Late Day Connection

Digital media directly before bed disrupts sleep quality. It replaces essential moments of late-day connection between parents and children.

- Create a firm tech-free window before sleep to make room for meaningful wind-down routines
- Carry out bedtime routines consistently and with calm, kind energy. Keep time boundaries around those routines.
- Quiet spaces allow families to reflect, connect, and settle down naturally.



Use the Power of Parent Modeling – Narrate Your Technology Use

- Children learn healthy habits mostly by observing our actions.
- When you pick up your phone, describe: "I'm checking our calendar for soccer practice and then putting my phone away."
- Demonstrate physical boundaries by putting the phone out of sight when the child starts a conversation. This reinforces that relationships are your priority.

Children whose attachment needs are met by the important adults in their lives are less vulnerable to looking to screens, peers, or other substitutes for connection.

