CREATING HEALTHY SCREEN BOUNDARIES

AT HOME

SETTING UP SCREEN BOUNDARIES

1 What devices do my children have access to?

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2 When do they have access to them?

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3 How can I make the devices inaccessible?

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4 Is there a place I can go to use technology away from the common living area?

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How can I limit my own phone usage?

1 Work

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2 Out of Hours

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3 Life Admin

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4 Friends and Family

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Are there times during the day when I can put my phone on 'do not disturb' and be 100% present for my children?

1 Getting ready for school

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2 Picking up from school

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3 Dinner time

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4 Bedtime

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5 Regular weekend family activity

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What analogue systems can I use in my home to replace screens?

1 Recipe books

2 Trying to use my memory instead of 'Google Maps' (put real maps up in your house)

3 Trying to remember things instead of looking them up on my phone

4 Writing things on paper instead of digitally where possible

5 Catching up with people in person

6 Sending cards instead of texts

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1 Can i simply tell my child/ren to play quietly while I do my work instead of putting them in front of screens?

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2 How can I get my children involved when I work around the house?

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3 How can we take care of the house as a family?

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4 Can I put a boundary around screen usage during the week?

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5 How much screen time would I like my children to have on the weekend?

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6 What would that look like?

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7 Do I need to put a control on my device to hold that boundary?

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How can I be there for my child as they transition from screen watching to 'real life' experience?

1 Going out into nature is a good antidote

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2 Could we watch together as a family? This is a great help for transitioning

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What activities can we do together as a family that are as fun and relaxing as watching movies/shows?

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Make a list of these and put them on your fridge. These will become your family culture and will hold you together

1 Do I have controls in place to protect my child/ren from adult content?

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2 Am I happy to let my children play video games?

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3 Do I feel pressured to let my children do what other children in the class are doing?

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4 Can I find like-minded parents in my class and make agreements around screen use?

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5 What can I say to my children when they say 'everyone else is watching it'?

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6 How do I deal with relatives or friends who have different values around screens?

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7 How can I put boundaries in place when we go away with people?

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8 How can I put boundaries in place with family (especially grandparents)?

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