



Family Screen Plan

Family Screen Plan

A collaborative plan to foster healthy screen habits and family connection

Date Completed:

Next Review Date:

(We recommend reviewing this plan every 6 months, or when ages/schedules change.)

This agreement applies to the following children's names & ages:

1. Family Screen Guidelines

Use this section to list the rules that will guide your family's screen use. These may vary by child, device, day of the week, or context (e.g., school year vs. summer).

Time Rules

(Ex: "1 hour max on weekdays," "Screens off 1 hour before bedtime,")

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Place Rules

(Ex: "Phones charge in kitchen overnight," "No devices in bedrooms," "No devices at meals")

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Content Guidelines

(Ex: "Only G or PG shows," "No violent games," "Parent approval for new YouTube channels and all Apps")

Device Usage

(Ex: "Shared passwords")

Online Safety Rules

(Ex: "No chatting with strangers," "Never share real name, location, or school," "Private accounts only")

Social Media & AI Guidelines *(if applicable)*

(Ex: "No social media before age 15," "Parent follows all accounts," "Only use AI tools together")

2. Conversations to Have With Each Child

Schedule intentional discussions with your child to help them understand the “why” behind your decisions, and give them a chance to contribute ideas.

Select the age-appropriate topics you plan to cover:

- ☐ Why screens are designed to be hard to turn off
- ☐ How screen time affects emotions and the body
- ☐ What counts as appropriate vs. inappropriate content
- ☐ What to do when they see something scary, mean, or sexual
- ☐ Why limits are necessary to protect sleep, health, and relationships
- ☐ What your child can do when screen time ends (transition plans!)
- ☐ Family agreements about AI, social media, and gaming
- ☐ How your child can earn more freedom as they grow
- ☐ What to do if they feel left out of digital group chats or trends

Additional conversations to schedule:

3. Planning the Family Meeting

Use this process to implement your screen plan in a way that respects your child’s input—while maintaining parental authority.

Before the Meeting:

- ☐ Choose a calm, unhurried time
- ☐ Both caregivers review this worksheet together
- ☐ Decide which child(ren) will be involved and how

During the Meeting:

- ☐ Start with empathy: *"We know screens are fun. We're not trying to ruin that."*
- ☐ Share your values: *"We want our family time and your health to come first."*
- ☐ Present your proposed guidelines
- ☐ Ask for your child's input:

"What seems fair to you?"

"What makes it hard to turn off screens?"

"What could we do after screen time that's fun?"

"Do we all get enough outdoor time? Free play? Family Connection time? Reading? Live play time with friends?"

- ☐ Listen respectfully, reflect back what you hear
- ☐ Finalize rules and agreements—parents make the final call

After the Meeting

- ☐ Post the plan where everyone can see it
- ☐ Implement parental controls
- ☐ Schedule monthly Tech Check-Ins
- ☐ Celebrate your first week of success!

4. Transition Rituals: What Happens After Screen Time

Screens flood your child's brain with stress hormones—ending screen time often triggers meltdowns. Use a transition plan that builds connection and co-regulation.

Sample Ritual Ideas (choose or create your own):

- ☐ "Dance party with popcorn after the show"
- ☐ "Game of chase in the yard"
- ☐ "Wrestling match to see who's strongest today"
- ☐ "Lego time while listening to music"
- ☐ "Snuggle on the couch and talk about the best part of the show"

Our Transition Plan:

After screen time, we will:

5. Parent Action Checklist

Parental Controls & Setup

- ☐ Set up time limits and screen downtime
- ☐ Enable SafeSearch / Restricted Mode
- ☐ Create child profiles on devices and apps
- ☐ Approve friend requests, apps, and games
- ☐ Review privacy settings and passwords

Monitoring & Supervision

- ☐ Review screen time daily in the beginning
- ☐ Schedule monthly Tech Check-In
- ☐ Friend/follow your child's social accounts
- ☐ Spot-check browser/app history
- ☐ Stay present for endings and transitions

6. Family Agreement

Child Signature: _____

Child Signature: _____

Child Signature: _____

Parent Signature: _____

Parent Signature: _____

