







★ **OUR FAMILY** ★

SCREEN TIME RULES

★ **BALANCE TODAY, BRIGHT FUTURE!** ★

BEFORE SCREEN TIME, I WILL:	DONE!	NOT TODAY
 COMPLETE A HOUSE CHORE I will help my family and complete one household chore.	<input type="checkbox"/>	<input type="checkbox"/>
 READ A BOOK I will read for at least 20 minutes.	<input type="checkbox"/>	<input type="checkbox"/>
 PLAY OUTSIDE OR GET MOVING I will enjoy at least 30 minutes of physical activity or outdoor play.	<input type="checkbox"/>	<input type="checkbox"/>
 COMPLETE HOMEWORK I will finish my homework and any school responsibilities.	<input type="checkbox"/>	<input type="checkbox"/>
 CONNECT WITH PEOPLE I will spend quality time with my family or a friend face-to-face.	<input type="checkbox"/>	<input type="checkbox"/>
 ENJOY A SCREEN-FREE ACTIVITY I will do something creative, play a board game, build, draw, or try something new.	<input type="checkbox"/>	<input type="checkbox"/>

 **OUR SCREEN TIME PLAN**

Weekdays: _____ minutes / day

Weekends: _____ minutes / day

Summer Break: _____ hours / day

School Breaks: _____ hours / day

Extra Screen Time Earned By:

-  **IMPORTANT REMINDERS**
- ♥ Unlimited access is not healthy.
 - ♥ Excessive screen time can affect sleep, mood, and focus.
 - ♥ The American Academy of Pediatrics recommends limits based on age and encourages real-world play, physical activities, and social interaction.
 - ♥ We choose the right amount of screen time, not too much, not too little, just right!

-  **SCREEN-FREE ZONES**
- We keep screens out of these areas:
- ♥ Dining Room
 - ♥ Bedrooms
 - ♥ During Family Time
 - ♥ During Homework Time

 **LESS SCREEN TIME, MORE REAL LIFE!** 

I AGREE TO FOLLOW OUR FAMILY RULES!

Name: _____

Date: _____



A GREAT WAY TO BUILD HEALTHY HABITS, TIME MANAGEMENT, AND STRONG FAMILY CONNECTION EVERY DAY!








FREE PRINTABLE PDF FILE!



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SCREEN TIME RULES

★ BALANCE TODAY, BRIGHT FUTURE! ★

BEFORE SCREEN TIME, I WILL:	DONE!	NOT TODAY
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

 **OUR SCREEN TIME PLAN**

Weekdays: _____

Weekends: _____

Summer Break: _____

School Breaks: _____

Extra Screen Time Earned By: _____

 **IMPORTANT REMINDERS**

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♥

♥

♥

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 **SCREEN-FREE ZONES**

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♥

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I AGREE TO FOLLOW OUR FAMILY RULES!

Name: _____

Date: _____

SCREEN TIME RULES

Great minds live in the real world!

1



SCREEN TIME HAS LIMITS

We have a set amount of screen time each day. Once time is up, it's up!

2



EARN IT, DON'T EXPECT IT

Finish your responsibilities first - chores, homework, reading, and being kind.

3



REAL LIFE COMES FIRST

We choose playtime, family time, and outdoor time over screens.

4



SMART CHOICES ONLINE

We watch, play and search things that are kind, helpful and age-appropriate.

5



NO SCREENS AT MEALS OR BEDTIME

We are present with our family and give our brains a break to rest.

6



GOOD ATTITUDE, ALWAYS

No whining, arguing or meltdowns about screen time. #gratefulnotentitled

Screens are fun, but life is better

WHEN WE BALANCE!