

Helping kids disconnect

Parent Information



Asking kids to turn off their devices can be a real headache. Here are 10 ways to manage screen time without the struggle.

Make a Screen Time Schedule

Set daily start and stop times for games and online fun—just like bedtime or mealtimes. Sticking to the routine helps everyone know what to expect.

Give a Heads-Up

Use an alarm or timer to let your child know screen time is ending soon (like “10 more minutes!”). This helps them get ready to stop.

Make a Family Tech Plan

Create screen time rules together as a family. When kids help make the rules, they’re more likely to follow them.

Offer Fun Alternatives

Have non-screen activities ready to go so there’s something fun to do when devices go off. Going for a walk, books, toys, puzzles, games, or playing outside are great alternatives to screen time.

Be a Role Model

Show healthy screen habits yourself. Kids are more likely to follow the rules if they see you doing the same.

“I would prefer to live 100 years in the past because life was easier without technology.” – Child, 12

What did kids tell us?

“I feel most connected when I’m going for a ride in the car with my dad.” – Child, 10





"It's hard to get off devices when my friends are still playing because it feels like I'm missing out." -Child, 10



Praise Good Choices

Notice and praise your child when they turn off devices calmly. Small rewards or extra playtime can help encourage this.

Have Screen-Free Times and Places

Choose times (like during dinner or before bed) and places (like bedrooms) where no screens are allowed. This helps build balance.

Make a Chill-Down Routine

Create a simple calming routine to help your child relax after screen time, like breathing exercises, music, or stretching.

Use Parental Controls

Set time limits on devices using built-in controls. This keeps screen time on track without constant reminders.

Talk About Screen Time

Have regular chats about how screens make us feel—happy, tired, cranky? This helps kids understand why limits are important.