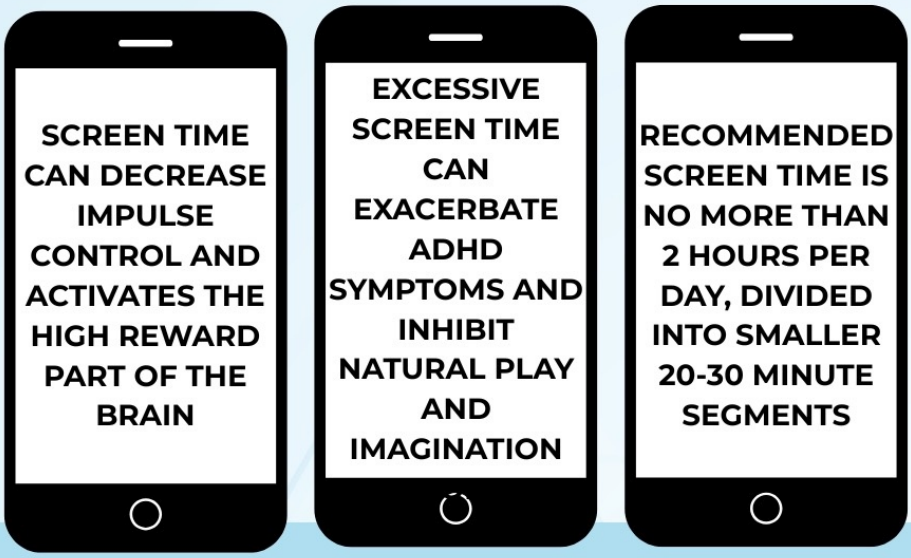
# SCREEN TIME




## DO'S:

-SET CLEAR BOUNDARIES- TALK ABOUT EXPECTATIONS AND MAKE IT VISUAL
-MONITOR CONTENT- KNOW WHAT YOUR KIDS ARE VIEWING AND SET PARENTAL CONTROLS ON THINGS YOU DO NOT WANT THEM TO ACCESS
-TALK ABOUT HOW SCREEN TIMES MAKES US FEEL AND HOW IT LEAVES OUR BRAIN WANTING MORE
-CREATE A BORED JAR- DIRECT THEM TO ACTIVITIES LIKE COLORING, BOARD GAMES, OUTSIDE PLAY OR IMAGINATIVE PLAY WHEN BORED
-ENCOURAGE CONNECTION OUTSIDE OF SCREENS WITH FAMILY AND FRIENDS- SCHEDULE THESE TIMES SO THEY HAPPEN ON A REGULAR BASIS

## DONT'S:

-SCREEN TIMES SHOULD NOT BE USED AS AN AWARD OR CONSEQUENCE
-TRANSITIONS WILL BE DIFFICULT SO BE PREPARED. CONNECTION AND PHYSICAL MOVEMENT ARE HELPFUL WHEN TRANSITIONING FROM SCREENS

## MANAGING BOUNDARIES

-STAY CONSISTENT AND FIRM- SOME BOUNDARIES WILL NEED TO BE ADJUSTED DEPENDING ON THE SITUATION
-DISCUSS EXPECTATIONS OF BEHAVIOR WHEN TRANSITIONING OFF SCREEN TIME
-PROVIDE CUES WHEN SCREEN TIME IS COMING TO AN END
-TRANSITION INTO ACTIVITIES THAT INVOLVE NATURE, OUTDOORS, AND BODY MOVEMENT
-PREPARE FOR THE EMOTIONAL RESPONSE. MAKE SURE YOUR EMOTIONAL TANK IS FULL TO HELP MANAGE THESE BEHAVIORS.

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