

How to Limit **SCREEN TIME** for Your Kids

...and Still Maintain Your Sanity



WORKSHEET

How to Limit **Screen Time** for Your Kids

– Worksheet –

Weaning your kids from too much screen time is not usually an overnight process. It takes time to stop old habits and learn new ones.

Use these reflection questions to help you and your family begin the process of limiting screen time.

1. What time of day do you and your kids spend the most time on screens?

2. What are some reasons that your kids spend time on screens?

3. How much time each day do your kids spend on screens now?

4. How much time do you want your kids to spend on screens?

5. What is one change you could make that makes limiting screen time easier?

6. If you spend a lot of time on screens, what's one thing you can do to cut down on your screen time?

7. What are some ways you could encourage your child to play independently without using screens?

8. What are some of your child's favorite non-screen activities?
9. What are some ways you can help your kid choose their favorite activities over screen time?
10. Write down three things you enjoy doing as a family.
11. Now that you have your three family interests, how can you incorporate them into your normal routines?