



Tips for Managing Screen Time

Gear Up for School: Mastering Screen Time for a Stellar Year Ahead!

Parents are in full gear, with the school bells starting to ring. Amid the pencils, gym shoes, and morning hustle, let's talk about one of the big challenges on your checklist—managing screen time!



Screen Time Strategy

From late-night Netflix to sibling-led tech marathons, summer's laissez-faire vibe often means looser screen rules. But hold up! As autumn rolls in, it's time to seize the reins.



Set the Tone

Navigate the tech terrain with these power moves: Define "screen time," lay down house rules, carve out screen-free zones (bye-bye, car screens!), and reveal the daily time treasure.



Structured Success

Some love spontaneity, but others thrive on structure. Curate your day with time slots, setting screen time in stone and curbing those overages.



Lead the Way

You're the screen guru they emulate. Showcase balanced habits and ignite the screen-smart spark in them.



Digital Guardianship

From built-in tablet locks to ninja-level apps like Qustodio and Our Pact, wield the ultimate parental control arsenal. Be the gatekeeper of exploration.



Customize Your Game Plan

Every family's a puzzle – twist and turn until you find fit. Remember, practice breeds screen success, even in the simplest moments.



Championing Balance

Your screen strategy is the guiding star as backpacks fill and adventures unfold. This year, conquer the digital classroom with finesse and elevate the screen-time game!



Involve Your Kids

Remember, the more you can get your kids involved with the planning and structure, the more successful you will all be.

How you can earn Screen Time

Complete tasks to earn screen bucks!

Keep track of the tasks you complete each day. Screen bucks are paid out weekly.

Tasks	Screen time earned	Sat	Mon	Tue	Wed	Thu	Fri	Sun	# of tasks done x screen time earned =
Reading for ____ minutes	15 min								

Total weekly screen time earned:



15
minutes



Screen Bucks

15
minutes



Screen Bucks

15
minutes



Screen Bucks

15
minutes



Screen Bucks

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Screen Bucks

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Screen Bucks