

Family Media Plan

Adapted from the American Academy of Pediatrics

Screen Time

Have screen time limit for each child depending on their age (no screen time under the age of 2, under 2 hours for children aged 2 and older). Video chat and home-work are not included in screen-time allowance.

- Child 1 screen time: _____
- Child 2 screen time: _____
- Child 3 screen time: _____
- Child 4 screen time: _____

Screen Free Zones

Mobile devices & TVs are not allowed in the following screen-free zones in our home:

- Kitchen or dining room table
- Bedroom
- Other: _____

Screen Free Times

We will not use mobile devices or other screens during the following times:

- One hour before bed
- Meal times
- Family time
- While in the car, except for long trips
- While at school
- While doing homework
- While walking across the street
- Scheduled technology breaks

Media Manners

We will show good media manners by:

- Not keeping the phone on (or under) the table during meals
- Devices will not be brought to the table
- Not looking at the phone or texting while talking with someone, or during mealtime
- If it's truly urgent, we will say "excuse me"

Choosing Media

When we have recreational screen time, we will:

- NOT visit new websites or video sites without asking permission
- NOT download apps, movies, games without permission & asking an adult if they are appropriate for my age
- NOT play video games that are against our family's rules, both at home & at someone else's house
- Play learning apps
- Video chat with friends or relatives

Device Curfews

Devices will charge overnight in:

- Kitchen
- Parents' bedroom

Family Media Plan (continued)

Safety First

- Telling a parent if we or others are being bullied, disrespected, attacked, or treated badly online
- Not being rude or bullying anyone online
- Telling a parent or another trusted adult if we get messages or photos that make us uncomfortable
- Do not share private photos online
- Do not give out personal information online
- Not keeping the phone on (or under) the table during meals

Other Parent Practices

- Using a timer to help children remember to turn off TV/computer/game
- Having kids “earn” screen time (chores, good behavior, etc.)
- Working on being a positive role model by limiting my own screen time
- Finding video games/apps with extra value and encourage my children to use them
- Creating a collection of appropriate DVDs or advertising-free streaming
- Looking up media content on CommonSenseMedia.org
- Discussing show content with children
- Encouraging imaginative play

Parent-Child Activities

- If I watch with my child something that I disapprove, I will speak out
- I will talk to my child about violent media content
 - Make evaluative statements to children aged 8 and below (e.g., “it is better to ask than to fight”)
 - Ask children aged 9 and above critical questions (e.g., “What could be the alternatives?”)
- I will teach my child to identify ads, packages, advertgames, ads in interactive websites, etc.
- I will talk about persuasive strategies used in advertising.

“I am bored” Bag

I will create an “I am bored” bag/jar with screen-free activities such as:

- Cook dinner or bake some dessert together
- Playdate
- Go outside and draw with chalk
- Go to the library and check out a new book
- Solve crosswords, puzzles etc. OR create your own!
- Record a book on tape
- Invent and create a new board game
- Help around the house (vacuum, dish washer, etc.)
- Make an obstacle course in the family room
- Paint rocks and make a rock family
- Write a story and illustrate it
- Take the dog for a walk
- Make friendship bracelets
- Use Lego to build a marble maze, a slide puzzle (the 15), and other games
- Learn and practice a new skill (e.g., professional photography, origami, knitting)
- Make a puppet show from uncoupled socks