

# 5 THINGS YOU CAN DO TODAY



## **DESIGNATE "SCREEN FREE" ZONES IN YOUR HOUSE**

Bedrooms and bathrooms are some examples.



## **DESIGNATE "SCREEN FREE" TIMES FOR YOUR FAMILY**

Dinner, after bathtime, before school, etc.



## **PUT A STRICT LIMIT ON GAMING AND ELECTRONICS (AND FOLLOW IT)**

Let kids be bored! This is where they will get creative!



## **REMOVE THE "AUTOPLAY" FEATURE FROM YOUTUBE**

Check your settings - it's easy!

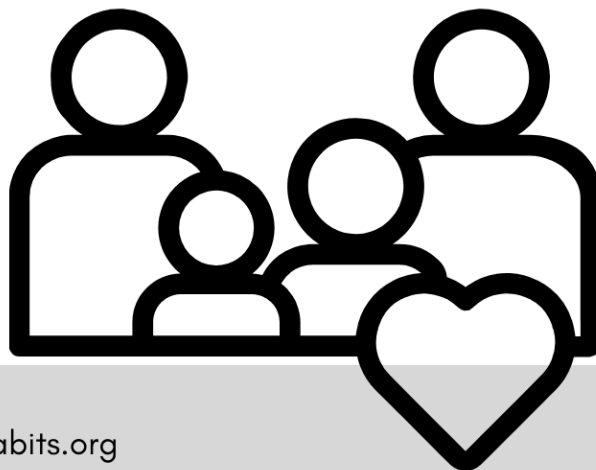


## **MAKE A PERSONALIZED FAMILY MEDIA PLAN**

Create and discuss the plan with your kiddos including all the screen free times, zones, and limits. For a free template, go to [healthyscreenhabits.org/tools](http://healthyscreenhabits.org/tools).



Limit your family devices to shared spaces in your home.  
Avoid closed doors.



Source: [healthyscreenhabits.org](http://healthyscreenhabits.org)

To Learn More: Read the *Anxious Generation* by Jonathan Haidt