



Our Family Screen Agreement - Break the Cycle:

"Despite the warnings and countdowns, I'm still having to pull screens away from my kids."

Sound familiar?

One mom told us: "I give 5-minute warnings, 1-minute warnings, countdown from 10... and I'm **STILL** prying devices from their hands."



Agreements aren't silver bullets, but this one might help reduce the conflict:

Our Family Screen Agreement

Our Goal: We love technology! It helps us learn and play. We also love our bodies, our sleep, and each other. We use screens in a way that keeps our brains feeling good and our family feeling close.

1. The "Before" Check-In

Before we turn on a screen, we make sure our "human needs" are met: Is my body moving today? Have I connected with my family? Are my responsibilities (school/chores) handled?

2. How We Say Goodbye to the Screen

We know that leaving a screen is the hardest part. To help our brains transition, we agree to:

The "Pause & Look": When a parent gives a warning, I will pause for one second, look at them, and say "Okay" so they know I heard them.

The Landing Strip: We don't just "shut it off." We take 30 seconds to talk about what just happened in the game or show so the "real world" feels welcoming again.



3. Our Calm Center (Parent's Promise)

I will give you a "heads up" so your brain can get ready to stop.

If you are having a hard time letting go, I will be your "calm center." I will help you put the device away safely without getting angry, because I know transitions are hard.

4. When it Gets Tough

If we have a "big feeling" moment when the screen goes away, we will: Take a break from screens the next day to let our brains reset. Reconnect and have a hug once we are calm.

Here's why countdowns backfire: They spike adrenaline. Your kid's brain is immersed in a digital world, and that countdown feels like a threat. By zero, they're in fight-or-flight.

Try this instead: Sit next to them for 30 seconds before transition time. Ask what they're building or watching. Join their world for a moment. It makes the bridge back to yours way easier.

