


FAMILY MEDIA USE PLAN	
SCREEN FREE ZONES	OUR PLAN
<p>Keeping screens outside the bedroom can be very beneficial.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Incoming messages and calls will interfere with sleep; both audio and vibrating alerts can wake up children and teens. <input type="checkbox"/> It is good to help children avoid the temptation to use or check devices when they should be sleeping – during the night or too early in the morning. <input type="checkbox"/> Emitted light from TVs or mobile screens can affect the quality of your child’s sleep. 	<p>Mobile devices and TVs are not allowed in the following screen-free zones in our home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> At the table where we eat <input type="checkbox"/> In bedrooms <input type="checkbox"/> Other: _____ 
SCREEN FREE TIMES	OUR PLAN
<p>Using a mobile device or watching TV before bed can interfere with a child’s sleep. When using screens in the evening:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Turn the brightness on the screen down <input type="checkbox"/> Don’t play or watch media that is intense or scary. 	<p>Mobile devices and TVs are not allowed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> One hour before bedtime <input type="checkbox"/> At dinner time <input type="checkbox"/> At breakfast when I should be getting ready for school. <input type="checkbox"/> Other: _____

Determine your weekly screen time hours by keeping track with a technology log:

TECHNOLOGY LOG				
Day	TV Time	Gaming Time	Phone/Tablet Time	Total Hours/Day
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Total Hours/ Week:				