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Brighton and the Magic Rock

The “No-Timer” Screen Transition

Help your child move from screen time to playtime – without countdowns.



1. Sit Down and Join In

Sit beside your child and watch briefly. Try saying:
“That looks fun! Tell me what is happening.”

2. Bring Their Interest into Real Life

Take something your child just told you about and connect it to something you can play together. Try saying:
“Let’s build a castle like the one in your show!”





3. Turn Off the Screen and Play Together

Help your child turn off the screen. If your family uses a resting place, let the tablet rest there. Try saying:
“Let’s put the tablet to rest and bake cookies like they did in your show!”

4. Keep the Screen Resting

Let the tablet stay in its resting place during screen-free times, like meals at the dinner table.



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