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The "Screen-Rest" Plan

Set natural screen breaks your child helps choose—without being the screen police.



1. Set Two or Three Screen Breaks Together

Start with daily moments like meals and bedtime. Let your child help pick where devices rest during those breaks. Try saying: "Screens rest while we eat and at bedtime – should our tablet rest in the kitchen basket or on the bookshelf?"

2. Make a Picture Plan

Draw a simple picture of each screen break or resting spot, like your family at dinner or the tablet resting on the bookshelf. Let your child color the pictures and hang them up.





3. Fill Screen Breaks with Connection

Add something fun to each break—like a game at the dinner table, a bedtime story, or blocks after school. Try saying:
"Our tablet is resting—let's play I Spy while we eat!"

4. Rest Every Screen Together

Screen breaks work best when the whole family joins in. Silence phones, turn off the TV, and let every screen rest while you connect.



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