

Screen Time Family Contract

Printable family guide

A practical map for grown-ups and educators

Use this guide as a clear starting point. Adapt the pace to the learner, keep sessions short, and celebrate steady effort.

Focus	A simple next step
1. Agree when learning time happens	Choose one small activity, notice what works, and record the next step.
2. Choose device-free family moments	Choose one small activity, notice what works, and record the next step.
3. Plan breaks together	Choose one small activity, notice what works, and record the next step.
4. Sign and review the agreement monthly	Choose one small activity, notice what works, and record the next step.

Plan and reflect

Write one goal for the next four weeks.

What we will try

How often

What progress will look like

What we noticed

Weekly check-in

Keep the conversation curious and pressure-free.

A win to celebrate

Something that felt tricky

One question we still have

Our next small step