



Screen Time Checklist

A Parent's Quick Reference Guide

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Screen Time Checklist

Ask yourself these 3 simple questions before you say 'yes' to screen time.

1. WHERE?

.....are devices allowed to be used in your home?

TIP: Be sure that devices are being used in a common area of your home.

2. WHAT?

.....are your children using their devices for?

TIP: Ask what they want to use the device for. Is it for passive entertainment or is it for educational purposes?

3. WHEN?

.....are devices allowed to be used in your home?

TIP: Is now the right time? Has homework or chores been completed? Is this the agreed time?

Screen Time Checklist

Prefer to direct your child to other activities? Try these suggestions.

OTHER ACTIVITIES

- Reading
- Colouring / drawing
- Outdoor Play - bikes, scooters etc
- Help with chores such as making dinner
- Play board games

Need more help with managing screen time?

[Back to Basics - The Screen Time Formula](#)