

Create a family media plan, write it down or print it out and post it somewhere everyone in the family can see it.

The American Academy of Pediatrics has a fantastic tool called the Family Media Use Plan that can help your family manage screen time effectively.

Visit www.healthychildren.org/MediaUsePlan.

Our family screen time plan:

What will we do instead of having extra screen time? How can we have fun as a family without screens? (think: games, playground, art projects, sports, reading, etc.)

