

OUR FAMILY'S DIGITAL CONTENT AGREEMENT

Complete this agreement as a family and refer to it as needed.

- We will set a daily time limit of _____ for age-appropriate media use.
- During mealtimes, playdates, errands, and family nights, we stay off screens to connect.
- We choose programs and apps that are educational, high-quality, and encourage creativity.
- We balance digital activities with equal or greater outdoor playtime.
- Kids will self-limit using devices without complaining when the daily allotted time expires.
- We preview entertainment media before allowing access to confirm it aligns with family values.
- Parents will model healthy device habits by being fully present when engaging with kids.
- We will embrace boredom to spark imaginative adventures away from screens.
- Laughter and joy come first! We commit to nourishing family bonds in our digital world.

Family Signatures:

Date: