

Beyond the screen

More connection. More movement. More childhood.

Six steps to help your family build a healthier daily balance.

1

NOTICE

See what screens replace.

Look for recurring device conflicts or screen use that crowds out sleep, homework, hobbies and family time.

2

TALK

Begin with a conversation.

Ask what your child enjoys online and what feels difficult. Explain why your family is making changes.

3

PLAN

Make expectations clear.

Agree on when and where recreational screens may be used. Plan for necessary schoolwork and communication.

4

REPLACE

Prepare appealing alternatives.

Choose reading, sports, music, outdoor play, cooking or time with friends. Help children fill the time they reclaim.

5

PARTICIPATE

Do it together.

Play a game, take a walk or start a project. Model the screen habits you want your children to develop.

6

REVIEW

Keep the conversation going.

Check in regularly. Talk about what is improving, what remains difficult and what needs adjusting.

"Once we know better, we do better."

Mandee Hamann • ScreenStrong workshop, Edenton

Adapted from workshop themes and an editorial family guide. This is not an official ScreenStrong checklist.

Learn more: ScreenStrong.org

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