

7 day screen reset

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Raising Winning Kids

“The 7-Day Screen Reset: A Parent Plan to Break the Scroll Cycle (Without Constant Fights)”

- Daily steps, scripts to say, replacement activities, and rules that stick.

Script

“Find your kid again.

Not the kid who’s always distracted, half-listening, irritated, and bored unless a screen is in their hand...

I mean the real kid—the curious, creative, and present one.

Screens don’t just steal time. They steal attention, patience, sleep, and relationships.

We are doing a **7-Day Screen Reset**—not as punishment... but training.

Seven days to reset the rules, rebuild routines, and replace scrolling with skills.

Here’s the standard: **screens will become tools not just for comfort and not all the time.**

And we’re going to do it step-by-step so your family gets your kid back.

Follow **Raising Winning Kids**. Comment **“RESET”** and I’ll drop the 7-day plan.”

7-Day Screen Reset

Day 1: The Reset Standard

Goal today: Establish authority + clarity. No arguing. No negotiating. Just the new baseline.

1) The one-minute parent script (say this exactly)

“Screens are not banned. They’re being put in their proper place.
Starting today, screens are tools—not comfort, and not all the time.
You’re not in trouble. We are making sure family and responsibility come first.”

2) Today’s non-negotiables

1. **No screens** in the first **60 minutes** after waking
2. **No screens during meals** (including snacks at the table)
3. **No screens in bedrooms** (charge devices in a public area)
4. **Screens end 60 minutes before bed**

(If this is too big, hold #2 and #3 no matter what. Those change everything fast.)

3) The “Where screens live” rule (physical reset)

Create one spot: **phone Home Base** (basket/charger station).

- Devices go there when not in use.
- If you have to chase devices, the system fails—make it visible and easy.

4) Replacement plan (prevents boredom blowups)

Before you remove screens, give them 3 replacement options for today:

- **Physical:** bike ride / shoot baskets / walk / soccer, etc... (10–20 min)

- **Skill:** practice a real skill (music, drawing, building, sport reps) (30 min)
- **Service:** quick help task (5–20 min)

Tell them: “When you want a screen, pick one of these first.”

5) Earning rule (simple, not a negotiation)

Screen time is earned after responsibilities.

Use this phrase all week:

“Responsibilities first. Then screens.”

6) Consequence (calm, consistent)

If they break the rule:

- **1 reminder max**, then device goes to Home Base and they lose screens for the next block.
No lecture. No emotion. Just follow-through.

7) Day 1 win condition (keep it measurable)

Tonight, ask two questions:

1. “What was hardest about today?”
2. “What did you do instead of screens that was actually good?” No answer or “nothing good” answer loses the next block of screen time.

Parent note: Your win today is not perfect behavior. Your win is **you held the standard calmly**. It is entirely possible and should become a constant habit to be calm but firm in your decisions and rules.

7-Day Screen Reset

Day 2: The Schedule + Earn System

Goal today: Stop the constant “Can I have my phone?” cycle by making screen time **predictable** and **earned**.

1) The 20-second parent script (say this once)

“Screens are not random anymore. You don’t get them all day.
There are **two screen windows**, and screens are **earned** after responsibilities.
If the reps aren’t done, screens don’t happen. Simple.”

2) Set two screen windows (choose times that fit your family)

Pick **ONE** option and write it down:

Option A (best for school days):

- **Window 1:** 4:30–5:00 PM
- **Window 2:** 7:00–7:30 PM

Option B (simpler):

- **One window only:** 6:30–7:15 PM

Rule: Outside those windows, screens live at **Home Base**.

3) The Earn List (3 reps, all under 10 minutes)

To unlock the screen window, the child completes **all 3**:

1. **Body Rep (5–10 min):** pushups/squats/jump rope/bike/walk
2. **House Rep (5–10 min):** dishes, trash, sweep, tidy area, laundry assist
3. **Skill Rep (10 min):** homework start, reading, sport reps, instrument, building/drawing

Say: “Reps first. Then screens.”

4) The “No Negotiation” rule (prevents fights)

- You don’t bargain screens for behavior.
- You don’t add extra screens because they’re bored.
- You don’t remove screens mid-window unless they break the rules.

Use this line:

“Arguing doesn’t increase minutes. It cancels them.”

5) Device settings (quick practical move)

Do one of these today:

- Turn on **Screen Time / Family Link** limits, **or**
- Set **Do Not Disturb** during non-screen hours, **or**
- Remove apps that trigger the worst behavior for this week.

Keep it simple—one change is enough today.

6) Consequence (calm + consistent)

If they use screens outside the window:

- Device goes to **Home Base**

- They **lose the next window**
No lecture. Just follow-through.

7) Day 2 check-in (2 minutes at night)

Ask:

1. "Which rep was easiest for you?"
2. "Which screen window felt better—before dinner or after?"

Parent win condition: You enforced the windows **once** without emotion.

7-Day Screen Reset

Day 3: Replace Scrolling With Skills

Goal today: Screens lose power when your kid has something real to build. Today you choose **one worthwhile skill** and lock in a **10-minute daily rep**.

1) The 15-second parent script

“Scrolling is easy. Skills are learned.

This week we are building something real. You get to pick **one skill** and work on it **20 minutes every day**.

Small reps. Big results.”

2) Pick a “worthy skill” (use this 3-part filter)

A worthwhile skill should be:

1. **Useful** (helps in real life)
2. **Buildable** (can improve in 20 minutes)
3. **Trackable** (you can see progress weekly)

Good skill categories (choose one):

- **Body/athletic:** BMX starts, goalie footwork, jump rope, sprints, strength circuit
- **Practical:** cooking basics, budgeting/saving, building, basic tools
- **Creative:** drawing, music, photography, editing
- **Brain:** reading, typing, chess, math drills, language
- **Social:** conversation, eye contact, speaking clearly, gratitude notes

Rule today: don't over-pick. **One skill only.**

3) Make it stick with a “20-Minute Rep Contract”

Write this down (on paper, on the fridge):

Skill: _____

Daily Rep Time: _____ (same time every day if possible)

Minimum Rep: 20 minutes (no negotiation)

Win Condition: “I showed up.” (not “I mastered it.”)

Say this line:

“We don’t chase rewards. We learn discipline.”

4) The “Friction Killers” (set them up today)

Your job is to make the rep easy to start:

- Put the gear out (bike helmet, ball, instrument, book)
- Clear a small space
- Choose the first drill/exercise so they don't decide in the moment

If starting is hard, they'll scroll.

5) The “Two-Choice Rule” (prevents arguing)

If they resist, give only **two choices**:

- “Do your 20-minute rep now, **or** do it after dinner. Either way, it happens.”

No third option.

6) Link it to screens (simple and fair)

Screen window unlock rule today:

- **Skill rep must be completed** before the first screen window.

Say:

“Reps first. Screens second.”

7) Day 3 check-in (Sunday-style mini version)

Ask:

1. “What skill did you pick and why?”
2. “What time will you train it every day?”
3. “What’s one thing you want to be better at in 30 days?”

Parent win condition: The skill is chosen + the first 20-minute rep is completed.

7-Day Screen Reset

Day 4: Clean Inputs (Sleep + Mood + Attention)

Goal today: Stop the late-night dopamine loop that makes kids moody, reactive, and tired. Today is about **protecting sleep** and **cleaning what they consume** on screens.

1) The 20-second parent script

“Screens affect your brain like food affects your body.
If you eat junk, you feel junk. If you watch junk, you act junk.
So we’re cleaning inputs—because sleep, mood, and focus matter.”

2) Lock the Sleep Protection Rule (non-negotiable)

Pick one standard and hold it:

- **Screens OFF 60 minutes before bed** (*minimum*)
or
- **Screens OFF 90 minutes before bed** (*best*)

And: devices charge at **Home Base**, not bedrooms.

Say it once:

“Sleep is training and healing. We protect it.”

3) Choose the “Clean Content” boundary (simple, not complicated)

Today you set ONE of these limits for the week:

Option A (easiest):

- No YouTube/TikTok/shorts feed **after dinner**.

Option B (strong):

- No random feed/scrolling at all on school nights. Only:
 - pre-approved channels
 - educational videos
 - specific searches for a skill

Option C (surgical):

- Remove the **worst 1–2 apps** for 7 days.

Pick one. Write it down. Done.

4) Replace the bedtime screen habit (so they don't spiral)

Choose one “downshift” replacement for the last hour:

- shower + pajamas + room (30 min)
- reading (30 min)
- journaling: “3 wins today + 1 goal tomorrow” (10 min)
- quiet stretch + breath (5 min)

Tell them:

“You’re not losing fun. You’re gaining control.”

5) The “Morning Mood Check” (takes 15 seconds)

Tomorrow morning, ask:

- “Did you sleep better?”

- “Do you feel calmer?”
Make them connect cause → effect.
-

6) Consequence (calm, automatic)

If they break bedtime rules:

- Next day: **lose the first screen window**
No yelling. Just the system.
-

7) Day 4 win condition

By tonight:

- Devices are charging at **Home Base**
- Bedtime screen shutoff is enforced
- One content boundary is chosen and communicated

Parent win condition: You protected sleep without a lecture.

7-Day Screen Reset

Day 5: End Negotiations (No Begging, No “5 More Minutes”)

Goal today: Screens stop being a daily battle. You remove negotiation and replace it with a **simple rule + simple consequence**.

1) The 15-second parent script (say it once)

“Screens are on a schedule. Don’t argue for more.
Begging doesn’t add minutes. Meltdowns don’t change the standard.
If you break the rule, you lose the next screen window. Simple.”

2) Install the One-Ask Rule

- Your child can ask **one time** when the next screen window is.
- After that, the question is asked and answered.

No back-and-forth. No debate.

3) Use the 3-Line Loop (repeat only these lines)

When they push, rotate these three lines—calm voice:

1. “The rule is the rule.”
2. “You can be upset, but you still follow the rule.”
3. “Next screen window is ____.”

That’s it. Don’t explain. Explaining feeds and invites conflict.

4) Create the Shutdown Ritual (prevents chaos at the end)

Two minutes before screen time ends, say:
“Two-minute warning. Save it. Shut it down.”

At the end: “Time’s up. Home Base.”

No extra minutes “because you were good.” You don’t want more screen to be a reward.

5) Consequences (automatic, predictable)

Pick one and stick to it all week:

Option A (strong + simple):

- Using screens outside the window = **lose the next window**

Option B (progressive):

- 1st violation = lose next window
- 2nd violation = lose screens for 24 hours

Rule: consequences are calm, immediate, and without discussion or anger.

6) What to do during a meltdown (the “don’t reward it” protocol)

- Say: “I hear you. The answer is still no.”
- Remove the screen to Home Base
- Walk away and let them calm down
- When calm: “Want a restart? Ask respectfully.”

Important: don’t negotiate while emotions are high.

7) Day 5 win condition (measurable)

Tonight, you should be able to say:

- “We ended screens on time.”
- “We didn’t argue about it longer than 30 seconds.”
- “We followed the consequence if needed.”

Parent win condition: You stayed calm and didn’t get pulled into the debate.

7-Day Screen Reset

Day 6: The Screen-Lite Weekend Plan (No Rebound Binge)

Goal today: Weekends don't erase progress. You keep screens controlled **without** turning the house into a war zone.

1) The 15-second parent script

"Weekends aren't a free-for-all.
Screens still have windows, and real life comes first.
We protect the progress we've built this week."

2) Set your Weekend Screen Windows (choose ONE plan)

Plan A (recommended): 2 windows

- **Window 1:** 11:30 AM – 12:15 PM
- **Window 2:** 6:30 PM – 7:15 PM

Plan B (tight + powerful): 1 window

- **One window:** 6:00 PM – 7:00 PM

Rule: Outside the window, screens stay at **Home Base**.

3) Require the Weekend Earn Reps (done before Window 1)

To unlock the first window, complete all 3:

1. **Body Rep (30 min):** ride, run, workout, sport reps
2. **House Rep (20 min):** tidy + chore
3. **Skill Rep (20 min):** the skill you chose on Day 3

Say:

“Reps first. Then screens.”

4) Build the “No Binge Menu” (replace the scroll urge)

Pick 3 screen-free options and write them down:

- **One outdoor thing:** _____
- **One skill thing:** _____
- **One family thing:** _____

When boredom hits, you point to the menu. No debating.

5) Social screens rule (prevents the worst behavior)

Choose **one** boundary for the weekend:

- No shorts feed until after Window 1
or
- Only 15 minutes of shorts inside the window
or
- Only approved channels / no random scrolling

Keep it simple. Hold it calmly.

6) The “Win Back Time” family block (60 minutes)

Schedule one block this weekend that replaces screens:

- family walk
- board game / cards
- garage/yard project
- sport reps together

Put it on the calendar. If it's not scheduled, screens win. If it goes long, let it.

7) Day 6 win condition

By tonight, you have:

- Weekend windows chosen and written down
- Earn reps defined (Body/House/Skill)
- A No-Binge Menu posted
- One 60-minute family block scheduled

Parent win condition: You led the weekend plan before the weekend led you.

7-Day Screen Reset

Day 7: Family Check-In + The 30-Day Standard (So It Lasts)

Goal today: Lock this in as a **system**, not a one-week experiment. Review, adjust, and commit for 30 days. (Watch out for my Family “7 Pillar Journal” coming soon)

1) The 20-second parent script

“This week wasn’t punishment—it was training.
We proved we can control screens instead of screens controlling us.
Now we set the **30-day standard** and protect it.”

2) The Family Check-In (10 minutes, everyone answers)

Go around the table. Each person answers:

1. **What got better this week?**
2. **What was the hardest rule to follow?**
3. **What habit do we keep no matter what?**
4. **What do we change to make it easier to win next week?**

Rule: No blaming. Just ownership, solutions, and discussion.

3) Choose your “Top 3 Non-Negotiables” (circle only 3)

Pick the 3 that helped most:

- ☐ No screens during meals
- ☐ No screens in bedrooms (Home Base charging)
- ☐ Screens off 60 minutes before bed
- ☐ Two screen windows only (no random use)
- ☐ Reps before screens (Body + House + Skill)
- ☐ One-ask rule / no negotiation

Write them on paper and put them where everyone sees them.

4) Set the 30-Day Screen System (simple, stable)

Choose one:

System A (most families):

- **Two screen windows daily**
- **Earn reps required before Window 1**
- **Weekend windows stay the same**

System B (tighter):

- **One screen window daily**
 - **Earn reps required**
 - **Weekends: two windows max**
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5) The 30-Day Skill Commitment (from Day 3)

Lock in the skill rep for the next month:

Skill: _____

Daily rep time: _____

Minimum rep: 10 minutes/day

Goal by 30 days: _____

6) The Accountability Rule (keeps it real)

Pick ONE consequence and keep it boring:

- If rules are broken → **lose the next screen window**
or
- Second violation in a day → **screens off for 24 hours**

No yelling. No speeches. Just follow-through.

7) Signing (makes it a standard, not a suggestion)

Everyone signs:

Our Family Screen Standard (30 days):

“We use screens as tools—not comfort and not all day. We protect sleep, respect, and real life.”

Child Initial: _____

Parent/Guardian 1 Initial: _____

Parent/Guardian 2 Initial (optional): _____

Date: _____

Day 7 win condition

You leave today with:

- 3 non-negotiables posted

- your 30-day system chosen
- the skill rep scheduled
- signatures completed

Parent win condition: You turned a reset into a standard.

THE 7-DAY SCREEN RESET (1-PAGE PRINTABLE CHECKLIST)

Break the scroll cycle (without constant fights).

Standard: Screens are **tools** — not comfort, and not all the time.

QUICK START (Read once)

- ☐ Read the Intro Script to your child (once, no debate)
 - ☐ Set **Screen Home Base** (public charging/basket station)
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DAY 1 — THE RESET STANDARD (Authority + Clarity)

- ☐ Read Day 1 script (once)
 - ☐ Enforce: No screens in the first **60 minutes** after waking
 - ☐ Enforce: No screens during **meals/snacks**
 - ☐ Enforce: No screens in **bedrooms** (charge at Home Base)
 - ☐ Enforce: Screens OFF **60 minutes** before bed
 - ☐ Choose replacements ready: **Physical / Skill / Service**
 - ☐ Use the phrase: “Responsibilities first. Then screens.”
 - ☐ Consequence: 1 reminder → Home Base → lose next screen block
 - ☐ Night check-in: “Hardest part?” + “What did you do instead?”
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DAY 2 — SCHEDULE + EARN SYSTEM (Predictable + Earned)

- ☐ Read Day 2 script (once)
- ☐ Choose screen plan: **Two windows** OR **One window**
- ☐ Write window times here: Window 1 _____ Window 2 _____ (or One _____)
- ☐ Enforce: Outside windows, screens stay at **Home Base**
- ☐ Require Earn List before screens: **Body (5–10)**
- ☐ Require Earn List before screens: **House (5–10)**
- ☐ Require Earn List before screens: **Skill (10)**
- ☐ Use the line: “Arguing doesn’t increase minutes. It cancels them.”
- ☐ Set ONE device control: Screen Time/Family Link OR DND OR remove 1–2 apps
- ☐ Consequence: Outside-window use → lose the next window
- ☐ Night check-in: “Easiest rep?” + “Best window?”

DAY 3 — REPLACE SCROLLING WITH SKILLS (Build Something Real)

- ☐ Read Day 3 script (once)
 - ☐ Pick ONE worthwhile skill (useful + buildable + trackable)
 - ☐ Write the skill here: _____
 - ☐ Set daily rep time here: _____
 - ☐ Enforce minimum rep: **20 minutes/day** (no negotiation)
 - ☐ Post “Rep Contract” on fridge (skill + time + 20 minutes)
 - ☐ Set friction killers: gear out, space ready, first drill chosen
 - ☐ Use the Two-Choice rule: “Now or after dinner—either way it happens.”
 - ☐ Enforce: Skill rep completed before first screen window
 - ☐ Night check-in: “30-day goal for this skill is: _____”
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DAY 4 — CLEAN INPUTS (Sleep + Mood + Attention)

- ☐ Read Day 4 script (once)
 - ☐ Choose Sleep Rule: Screens OFF **60 minutes** before bed
 - ☐ OR choose Sleep Rule: Screens OFF **90 minutes** before bed
 - ☐ Enforce: Devices charge at **Home Base** (no bedrooms)
 - ☐ Choose ONE content boundary for the week
 - ☐ Boundary: No shorts feed after dinner
 - ☐ OR boundary: No algorithm scrolling on school nights
 - ☐ OR boundary: Remove worst 1–2 apps for 7 days
 - ☐ Choose one downshift routine for the last hour (reading / journal / stretch / shower)
 - ☐ Morning mood check: “Sleep better?” + “Feel calmer?”
 - ☐ Consequence: Bedtime rule broken → lose first screen window next day
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DAY 5 — END NEGOTIATIONS (No Begging / No “5 More Minutes”)

- ☐ Read Day 5 script (once)
 - ☐ Enforce One-Ask rule (ask once only)
 - ☐ Use the phrase: “Asked and answered.”
 - ☐ Use the 3-Line Loop (repeat only these): “Rule is rule / Upset is okay / Next window is ____”
 - ☐ Use shutdown ritual: “2-minute warning” → “Time. Home Base.”
 - ☐ Choose consequence system for violations
 - ☐ Option A: Violation = lose next screen window
 - ☐ Option B: 2nd violation = screens OFF for 24 hours
 - ☐ Follow meltdown protocol: “I hear you. Still no.” → Home Base → walk away → restart when calm
 - ☐ Night win check: “No argument longer than 30 seconds.”
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DAY 6 — SCREEN-LITE WEEKEND (No Rebound Binge)

- ☐ Read Day 6 script (once)
 - ☐ Choose weekend plan: Two windows OR One window
 - ☐ Write weekend window times here: Window 1 _____ Window 2 _____ (or One _____)
 - ☐ Require Weekend Earn Reps before Window 1: Body **30 minutes**
 - ☐ Require Weekend Earn Reps before Window 1: House **20 minutes**
 - ☐ Require Weekend Earn Reps before Window 1: Skill **20 minutes**
 - ☐ Create “No-Binge Menu” (write 3 options)
 - ☐ Outdoor: _____
 - ☐ Skill: _____
 - ☐ Family: _____
 - ☐ Set one weekend content boundary (shorts rules)
 - ☐ Schedule one 60-minute family block: _____
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DAY 7 — FAMILY CHECK-IN + 30-DAY STANDARD (Lock It In)

- ☐ Read Day 7 script (once)
- ☐ Do the 10-minute family check-in (everyone answers 4 questions)
- ☐ Circle and post Top 3 Non-Negotiables (keep visible)
- ☐ Choose 30-day system: Two windows OR One window
- ☐ Lock the 30-day skill plan (time + goal)
- ☐ Choose one accountability rule (boring + consistent)
- ☐ Sign the Family Screen Standard (30 days)

FAMILY SCREEN STANDARD (30 DAYS)

☐ “We use screens as tools—not comfort and not all day. We protect sleep, respect, and real life.”

Child Initial: _____ Parent/Guardian 1: _____ Parent/Guardian 2 (optional): _____ Date: _____

“The ‘Earn Your Comfort’ System: A Simple Chore + Discipline Routine That Ends Negotiations”

- Clear standards, point/rep system, what to do when they melt down.