

# Creating a Family Media Plan

<b>What are “screen-free” zones in your house?</b>	
<input type="checkbox"/> Dining table/kitchen counter	<input type="checkbox"/> _____
<input type="checkbox"/> Kids’ bedrooms	<input type="checkbox"/> _____
<input type="checkbox"/> Car	<input type="checkbox"/> _____
<input type="checkbox"/> Kitchen	
<b>What are “screen-free” times of the day?</b>	
<input type="checkbox"/> Before school	<input type="checkbox"/> _____
<input type="checkbox"/> Mealtimes	<input type="checkbox"/> _____
<input type="checkbox"/> Until homework and chores are done	<input type="checkbox"/> _____
<input type="checkbox"/> Between dinner and bedtime	
<input type="checkbox"/> If guests are present	
<b>Other Screen Limits</b>	
What is a good weekday limit for child screen use? _____	
What is a good weekend limit? _____	
What time will children/teens turn in screens each night? _____	
Where will screens be stored overnight? _____	
What is the reward if child follows all screen rules? _____	
<b>Idea:</b> Add 10 extra minutes of screen time the next day	
What is the consequence if child will not turn off the screen? _____	
<b>Ideas:</b> Lose 15 minutes of screen time the next day, or that device is off limits the next day	
<b>How will adults monitor/model their own screen use?</b>	
<input type="checkbox"/> Put phone away from after school until kids’ bedtime	
<input type="checkbox"/> Keep phone out of sight when not using	
<input type="checkbox"/> No phones during meals	
<input type="checkbox"/> App use tracking: keep certain apps to under _____ per day	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	
<input type="checkbox"/> _____	

Create your family’s personalized Family Media Plan at [www.healthychildren.org](http://www.healthychildren.org)