



Set Limit



Set Timer



Verbal Warning



Finish Up



Self Regulate



Transition

6

steps to screen  
time success



**EVOLVE**

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# 6 STEPS TO SCREEN TIME SUCCESS



## STEP 1: SET LIMIT

1. Set a clear limit before permission to use the device is granted
  - a. This may be based on a number of episodes or gaming levels, not necessarily time
2. Check the length of the episode that they plan on watching
3. Check that the limit is understood



## STEP 2: SET TIMER

1. Use tech to help you (SMART speakers, alarm on phone, egg timer)
  - a. Set timers to expire 5 minutes before the end of the program
  - b. Co-view the final five minutes with younger children to assist transition
  - c. Use more than one verbal warning for younger children



## STEP 3: VERBAL WARNING

1. Verbalise that it's almost time to switch off
2. Use a timer, clock or screen time warning for older children (harder to argue with!)
3. Check for understanding immediately following verbal warnings



## STEP 4: FINISH UP

1. Co-view and co-play to help find the 'right' time to disconnect
2. Validate their enjoyment by discussing key elements
3. Turn autoplay off to begin with (this will help you reinforce the count down)
4. Allow children to reach a natural break and save (this should be discussed in step 1)



## STEP 5: BUILD SELF REGULATION

1. Encourage children to
  - a. pause, stop, and exit the game or program
  - b. switch the device off themselves
  - c. place the device in the agreed area in the house,
  - d. follow this action with **praise**



## STEP 6: OFFLINE TRANSITION

1. Provide the option of at least two fun offline activities
2. Empty their sensory cup
3. Change the space and put devices out of eye sight
4. Avoid moving directly onto chores or to dinner

