Screen time rules for our house

Print it. Tape it to the fridge.

1. **Every phone sleeps in the kitchen.**
   All of them, every night. An alarm clock wakes you up.
2. **Meals are for people.**
   Phones go in the basket before anyone sits down.
3. **Finish the basics first.**
   Homework, chores and 20 minutes outside come before screens.
4. **Pick the stopping point before you start.**
   End of the episode, end of the round, or the schedule's cutoff.
5. **Autoplay stays off.**
   In every video app that gives you a switch.
6. **New apps get a yes first.**
   Ask before downloading, and we'll look at it together.
7. **Sick days and trips get their own plan.**
   Decided before the day starts, so nobody argues at the door.
8. **Something online feels wrong? Tell us.**
   You keep your phone for telling. These rules are for grown-ups too.

Our family screen time rules

Fill it in together at the kitchen table

1. Where every phone sleeps at night

example: kitchen counter shelf

2. School-night off time · Weekend off time

example: 7:30 pm school nights · 9:00 pm weekends

3. Screen-free spots in our house

example: bedrooms, dinner table, short car rides

4. Done before screens go on

example: homework, chore, outside time

5. Sick days, road trips and Grandma's house

example: extra shows when sick, same bedtime charging spot

6. Date we look at these rules again

example: next birthday or end of the semester

Signed: _____ _____

Screen time checklist

6 things before the screen goes on

- [ ] Homework done and back in the bag
- [ ] Today's chore finished without reminders
- [ ] 20 minutes outside or moving your body
- [ ] Snack eaten and water bottle filled
- [ ] Stopping point agreed before pressing play
- [ ] Charging spot ready for tonight

Done? Go enjoy it. No nagging.