

#DeviceFreeDinner

Family Plan

Pick an evening between October 15 - 19 to participate in the challenge.
Get your whole family on board. Use the checklist below to create the plan.

Name _____ Parent: _____ Day/Dinner Time: _____

Include all children who will participate:

Create screen-free areas - Make devices like TV, phone, computer, games & other electronic off limits for a period of time. Keep family mealtimes & other family & social gatherings tech-free

- Bedroom - tv
- Kitchen or dining room table

Why limit screen time?

- incoming messages & calls can interfere with your child's sleep
- help children avoid the temptation to use or check devices when they should be sleeping
- emitted light from devices charging may still affect the quality of your child's sleep

By decreasing screen time, we will engage in one or more of the following:

- Reading
- Homework
- Sleeping
- Hobbies
- Playing board games with family members
- Playing sports
- Playing outside

Create a device curfew - Don't use any devices at least one hour before bed

What hours will you block out?

Why have a curfew? Using a mobile device or watching TV before bed can interfere with a child's sleep. When using screens in the evening, turn the brightness on the screen down. Don't play or watch media that are intense or scary in the evening.

We will show good media manners by

- Not looking at the phone or texting while talking with someone
- If you have to pick up, say "excuse me"
- Do not keep the phone or (or under) the table during meals
- Devices will not be brought to the table

Congratulations on making your family plan! Try extending these habits to your daily routine.

Modified from

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