

# Our family screen time agreement

Fill it in together, then stick it where everyone can see it. Ages 3 to 6.

## 1 When

Screens are allowed at these times:

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## 2 How long

We watch or play for this long each day:

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## 3 Where

Screens stay in this room.  
Not at the table, not in bed.

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## 4 What

Shows and games we have agreed on together:

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## 5 Before

These things happen first:  
getting dressed,  
breakfast, tidying up.

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## 6 Stopping

When time is up we turn it off together. One warning first, then off.

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