Blackbird HEALTH

Your Smart Screen Time Guide for School Breaks

S **Structure** that works
- Morning routine before screens
- Devices charge outside bedrooms
- Tech-free meals and bedtime hour

M **Monitor** warnings
- Constant device requests
- Can't think about anything else
- Distress without screens

A **Age** limits

Time
- **Ages 2-5:** 1 hour educational daily
- **Ages 6+:** 2 hours entertainment daily

R **Reset** when needed
- Temporary device removal
- Permanent device removal
- Stay consistent with new boundaries

T **Together** create rules
- Ask: "What feels fair to you?"
- Weekly family check-ins
- Celebrate progress together

S **Support** the whole child
- Watch impact on sleep and mood
- Trust your parental instincts
- Focus on your family's needs

C **Calm,** consistent approach
- Stay regulated when setting limits
- Model healthy tech relationships
- Connection before correction

R **Remember** the big picture
- Technology is a tool, not enemy
- Every family is different
- Progress happens gradually

E **Engage** with alternatives
- Have activities ready beforehand
- Make non-screen time appealing
- Join your child when possible

E **Evolve** as kids grow
- Adjust rules with maturity
- Stay flexible yet consistent
- Keep communication open

N **Nurture** your family's way
- Honor your values and priorities
- Consider each child's temperament
- Seek support when needed

Looking for more support for your family?

Contact us, we're happy to help.