

# SCREEN TIME: 3 STEPS TO A SUCCESSFUL FAMILY MEETING

Adapted from Audrey “Sunshine” Monke’s book *[Happy Campers](#)*  
For more content like this, visit [sunshine-parenting.com](http://sunshine-parenting.com)

1

## HAVE AN OPEN DISCUSSION ABOUT THE PROS AND CONS OF SCREEN TIME. (MAKE SURE EVERYONE ANSWERS!)

Questions to guide your discussion:

- What do you enjoy most about being on your phone (or whatever device is your “main” one)?
- What bothers you about being on your phone?
- What are some of the good things that come from using your phone?
- What are some of the benefits to your relationships that come from using your phone?
- What are some of the problems phone use has caused in any of your relationships?
- How much time are you currently using your phone each day?
- Have you noticed in yourself or heard about any negative impacts of screen use?
- What are some positive changes that might result from us using our phones less?
- What fun activities could we do together instead of being on our phones?
- How do you think less screen time would impact our family?

2

## BRAINSTORM GUIDELINES YOU CAN ALL AGREE TO FOLLOW.

If you’ve had no rules around screens, start with making one small change. My recommendation is no devices be allowed at family dinners or in bedrooms.

Additional ideas include:

- All devices are shut down at least one hour before bedtime.
- At-home, non-homework-related tech use is limited to thirty minutes on weekdays, two hours on weekends (including TV time). Keeping track of screen time is your responsibility, and you lose screen time for not keeping track or going over.
- Use one screen at a time.
- If you want to get an extra hour of screen time, read a book for an hour.
- All schoolwork gets finished before screen time.
- If you respond with a crabby attitude when you’re told to put your device away, you lose your next day’s screen time.

3

## DECIDE ON A FOLLOW-UP TIME TO SEE HOW THE NEW GUIDELINES ARE GOING FOR EVERYONE, & ADJUST ACCORDINGLY!