

# Family Tech Planner

For families with children age 2–8

You can use this planner to set rules for screen time as a family. Talk with your kids about which platforms and devices are okay to use, like TV, tablets, phones, and video games. And decide together when, where, and for how long they can use them. Be sure to let your kids share their ideas, too!

Child's Name

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Devices and services we can use



(TV, tablet, Netflix, Disney+, Switch, etc.)

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## Family Expectations

The American Academy of Pediatrics recommends:

**Younger than 18 months:** Avoid screen use except for video chats with loved ones.

**2–5 years:** Limit screen time to one hour a day of high-quality, age-appropriate content.

**6 and older:** Balance screen use with reading, hobbies, and time with friends and family. Make sure it doesn't interfere with sleep, exercise, and other healthy behaviors.



## When, Where, and for How Long

Create a schedule that works for your family!



We Can Use Devices:

Child's Name

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Weekdays:

Amount of Time

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Weekends/Holidays:

Amount of Time

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We Won't Use Devices:

- At mealtimes
- During family time
- Before bed
- In the bedroom
- In the car/public transportation
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Notes or exceptions to the rules:

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Get more tips at [commonsense.org/families](https://commonsense.org/families).

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## Making the Most of Screen Use

### Tips for Grown-Ups

Just as it's important to have balanced meals of food, we can think about having healthy, balanced **MEALS** of tech as well.

**Model:** Set a good example. Your kids will learn from watching your actions.

**Engage:** Have conversations about what they watch or play. Ask questions to make connections to their lives.

**Adjust:** Not all screen time is the same. Choose age-appropriate, educational content.

**Limit:** Set healthy rules and expectations for your home.

**Support:** Support each other. Be patient, even on days when rules go out the door!



### Tips for Kids

**Pause for people.** If someone speaks to you or needs your attention, pause the show or game.

**Ask first.** Ask your grown-up before watching a new show or playing a new game.

**Pause, breathe, finish up!** When it's time to stop, take a deep breath and say goodbye to the device.



### Questions for Before, During, and After

Use these questions to talk with kids about books, movies, TV shows, podcasts, games, and more! You'll help them build important skills like remembering, emotional awareness, and critical thinking.

- Why do you want to watch, play, read, or listen to this?
- What do you think will happen?
- Does it remind you of anything?
- How does it make you feel?
- Which character would you like to be friends with? Why?
- Did you like it? Why or why not?
- What would you like to learn more about?



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