

COMMUNICATING WITH FRIENDS AND FAMILY ABOUT YOUR SCREEN TIME BOUNDARIES

It is important to communicate your screen time boundaries with family and friends to ensure they are aware of the screen time limits your child follows when at home.

But, how do you have this conversation with family and friends?



HOW TO START THE CONVERSATION

Start the conversation early with your family member or friend.

We've set some screen time boundaries for child's name and are hoping to keep these in place with friends and family.

We are trying to stick to X minutes of screen time a day for child's name.

When we're at home, child's name has about X minutes of screens a day.



First step

BE SPECIFIC

Be specific about what is and what is not ok, to avoid any miscommunication



Next step

BE FLEXIBLE

- Be patient with your family member or friend whilst they adjust to your rules.
- Don't expect them to obey any screen time rules that you wouldn't normally have with your child.

