

The Screen-Time Reset Plan: 5 Steps in 5 Days

Day 1: Track It

Notice how much time is spent on screens (and which apps). No judgment — just awareness.

Day 2: One Screen-Free Meal

Pick one meal where phones stay in a basket. Start small, build consistency.

Day 3: Bedtime Boundary

Move devices out of bedrooms. Charge them in a central spot. Buy cheap alarm clocks if needed.

Day 4: Swap Time

For every 30 minutes of screen time, add 30 minutes of offline activity (exercise, reading, hobby, family time).

Day 5: The Family Agreement

Create a “Screen Use Plan” together:

- No phones before school
- One screen-free meal
- Screens out of bedrooms at night