

Screen Time Tips

A KINDLED LIFE FAMILY GUIDE

● Age-by-Age Screen Time Guide

2-5 yrs

Up to 1 hr/day
high-quality, co-viewed content only

6-9 yrs

Up to 1 hr/day on school days
up to 1.5 hrs/day on weekends

10-12 yrs

Up to 2 hrs/day
social media still off; games/video with limits

13+ yrs

2 hrs/day guideline
focus shifts to what & when, not just how long

● Examples of Family's Hard Rules

- ★ **No screens at the dining table** — every meal, every day, no exceptions (*parents included!*)
- ★ **Screens off 60 minutes before bed** — protects sleep and winds the brain down
- ★ **Devices live in one spot** — a charging station in the kitchen or hallway, not bedrooms
- ★ **No devices in bedrooms overnight** — for kids and parents alike
- ★ **Reading device? Choose a Kindle** — if a screen is just for books, keep it single-purpose with no apps, browser, or notifications
- ★ **Caregiver consistency** — grandparents, babysitters, co-parents — one set of rules, no exceptions

Make it visible. Write your family's routine on a simple card or poster and post it somewhere everyone sees daily — the fridge, a kitchen wall, near the door. A routine that's posted stops being a negotiation and starts being just "how things work" in your house.

● 12 Screen-Free Evening Ideas

- 1 Help make dinner** — measuring, stirring, washing veggies
- 2 Set the table** — plates, napkins, a small centerpiece
- 3 Clean-up crew** — clearing dishes, wiping the table
- 4 Legos or building blocks** — free build or a themed challenge
- 5 Drawing or coloring** — a nightly sketchbook page
- 6 Music time** — an instrument, a dance-along, or a family playlist
- 7 Card games** — Go Fish, Uno, Old Maid, or Spoons
- 8 Board games** — Candy Land, Sorry!, or Sequence for Kids
- 9 Read-aloud time** — a chapter book together on the couch
- 10 Puzzle night** — a shared jigsaw left out on a side table
- 11 Bath + storytime** — a calm, predictable wind-down combo
- 12 Pack tomorrow's bag** — a small independence-building routine