

PARENT SCREEN TIME ALIGNMENT GUIDE

Get On The Same Page. Set Boundaries Together. Support Your Kids.



Use this guide to align on your values, identify what's most important, and create consistent screen time rules for your family.

4 STEPS TO GET ON THE SAME PAGE

1

TALK ABOUT VALUES, NOT RULES

Start with: "What do we both want for our child long-term? Most parents agree on things like sleep, safety, learning, and connection.

OUR TOP 3 SHARED VALUES:

1. _____
2. _____
3. _____

HOW DOES YOUR CHILD'S TECHNOLOGY USE CONFLICT WITH YOUR VALUES?

Where do screens get in the way of what matters most to you as parents?



2

IDENTIFY THE PAIN POINTS

Name what's actually hard right now. Understanding the struggle helps us solve it together.

WHAT'S CAUSING THE MOST STRESS OR CONFLICT?

- _____
- _____
- _____

OUR BIGGEST CHALLENGES RIGHT NOW:

- _____
- _____
- _____
- _____



3

CHOOSE ONE SMALL AGREEMENT

Pick just ONE thing to focus on first. Small steps build trust and momentum.

EXAMPLES TO GET STARTED:

- No devices at dinner
- Screens off 30 minutes before bed
- No YouTube without headphones in shared spaces
- No devices in bedrooms at night
- Homework/chores before screens

OUR ONE SMALL AGREEMENT:

WHEN WILL THE CHANGE START?

When will you share with your kid(s)? When will the new rule(s) start?



4

PRESENT A UNIFIED "WE" TO THE KIDS

Kids feel most secure when both parents lead together. Keep it simple and positive.

SAY IT TOGETHER:

"We talked as parents and here's what we decided for our family."

OUR UNITED MESSAGE: (KEY POINTS):

- _____
- _____
- _____
- _____



Want more help creating a household strategy for managing your kid's technology usage?

Visit ccy.jfcs.org/tech to learn more



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