

How to Transition Off Screens

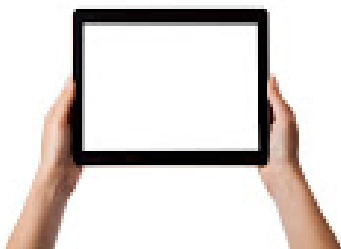
1. As much as possible, try to plan for screen time in the daily schedule. Make the times reasonable for your child's age.

2. Use a timer or clock to let your child know how much screen time they have so that they know what to expect.



3. Try to avoid planning screen time before non-preferred activities. For example, it might be easier to transition your child from screen time to snack than it would be to transition from screen time to an academic task.

First



Then

