

Daily Screen Rules Checklist

Quick daily reference. Stick it where you need it most.

This is the everyday version. Simple. Quick. A reminder of what applies today.

Every Day, Without Exception

- ☐ No screens at mealtimes
- ☐ No screens in the hour before bed
- ☐ Devices charging in the station by _____ pm
- ☐ No devices in bedrooms overnight

School Days

- ☐ Screens available from _____ to _____
- ☐ High-impact screens (phone / social media) limited to _____ minutes
- ☐ Homework before screens
- ☐ Screens off at _____ pm

Weekends

- ☐ No screens before _____ am

- ☐ Morning activity first
- ☐ Total screen time limit: _____ hours
- ☐ All other rules still apply

If a Rule Is Broken

- ☐ State the rule calmly. Once.
- ☐ If it continues: act, do not repeat.
- ☐ Apply the consequence that was agreed.
- ☐ Do not negotiate. Do not extend. Move on.