

Our Family Screen-Time Agreement

Built together — so screens stay fun, not a fight.

We talked about when, where, and how long screens are okay in our home. Everyone signs below to show we're on the same team.

Our screen-free times

☐ Before school / during morning routine

☐ During homework time (unless a teacher assigned it)

☐ At the dinner table

☐ One hour before bedtime

☐ Other:

When screens are okay

Weekday limit

Weekend limit

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☐ After chores / homework are done

☐ Approved apps & games only (list on back or fridge)

☐ Screens stay in shared family spaces

Earning extra screen time

Optional: tie bonus minutes to routines completed without reminders.

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If we break the agreement

☐ First time: gentle reminder + reset timer

☐ Repeat: screens pause until tomorrow

☐ We revisit the rules together — no yelling

We agree

Child name

Date

Child signature

Parent / guardian signature

Free printable from kiddobell.com — family routines made calmer.