

Screens, space and your family

A note on how you're going - and one more thing to try

WEEKS 2-3



A couple of weeks ago, we shared a guide about device habits at home. If you've tried any of it, we want to say: thank you. And if it's been a little bumpy — that's completely normal, and you're not alone.

Change is harder when you're the only adult in the room enforcing it. Teenagers are persistent, and devices are designed to be hard to put down. The first few weeks are often the most friction-filled.

That doesn't mean it's not working!

ONE RULE THAT HOLDS EVERYTHING TOGETHER

Families who've found this most manageable often point to a household device curfew.

This week, try 8:00pm for all devices away – for everyone!

Phones and laptops in the kitchen, charging overnight.

Not just the kids – adults too.



Why adults need to do it too

When children see the whole household put devices away, it stops feeling like a punishment and starts feeling like a **family norm**.

Teenagers are acutely sensitive to fairness. The moment they see a parent scrolling on a phone after the rule applies to them, the credibility of the whole arrangement collapses.

How to make it stick

- It doesn't have to be 8pm — pick a time that works for your household.
- **Consistency matters more than the exact hour.** Do the same thing every night.
- Tell your child the time in advance — not as they're mid-scroll.
- Expect protest in week one. Expect less in week two. Expect quiet by week four.



One household - one rule - everyone in

We're not looking for perfection

We're looking for a direction. Every family is starting from a different place, and every small step counts. If your household has managed one new thing in the past two weeks — that's real progress.

If you'd like to talk through how this is going — or if your child is finding the transition particularly hard — please reach out. That's what we're here for.

WHERE WE'RE HEADED THIS TERM

WEEKS 1-2: FIRST STEPS WEEKS 2-3: THE CURFEW WEEKS 4-5: THE WHY WEEK 6: WHEN IT GETS HARD WEEKS 9-10: READY FOR TERM 1



COMING NEXT WEEK: Why this matters for your child's brain!