

Screens, space and your family

A guide to healthy device habits at home

WEEKS 1-2



We know how much technology has become part of daily family life — and we know how hard it can be to manage. This guide isn't about blame or judgment. It's about sharing what the research tells us, and offering some simple, practical steps that can make a real difference for your child. We're in this together.

OUR COMMITMENT

We will support and empower families to foster device-free routines that promote the wellbeing and healthy development of children and adolescents.



The schoolwork device

Your child's schoolwork device is a powerful learning tool — and like all tools, it works best when used for the right job.

- Devices should be used for homework in a shared family space — kitchen bench, dining table, or lounge.
- Once homework is done, **the device is done for the day.**
- Devices should not be in children's bedrooms — overnight or otherwise.
- Charge devices in the kitchen or another common area where they stay put until morning.



A good rule of thumb:

If you can't see what they're doing on screen, it probably shouldn't be happening.

Phones / tablets too

Phones and tablets carry many of the same risks as computers — and often more. Social apps, short-form video, and messaging don't stop when homework starts.

- Phones away during homework time — completely.
- Phones should **not charge in bedrooms overnight.**
- Consider a family phone basket — a shared charging spot in the kitchen that everyone uses, including adults.
- Evenings without phones are a gift. Try it for a week and notice the difference.



Why does this matter?

Even 'passive' phone use near bedtime disrupts sleep and concentration the next day.

Change can feel hard - and that's OK

If your child pushes back — that's completely normal. Devices have become deeply woven into their social and emotional world. Stepping back from them can feel like a real loss, and some children will express that loudly.

Expect some disruptions, sit with it.

Change takes time and energy — and sometimes a bit of friction. But most families find that within a few weeks, the atmosphere at home genuinely improves. Kids find other ways to fill their time. They sleep better. They're easier to talk to.

You don't have to do this perfectly ~ you just have to start.

THREE THINGS TO TRY THIS WEEK

- 1 Set a homework zone
- 2 Create a device dock in the kitchen
- 3 Talk to your child about why



COMING NEXT WEEK: One rule that holds everything together