

QUICK TIPS



Reduce screen time in your home by tonight!

Goal: 24 hours free from screen conflicts

Food



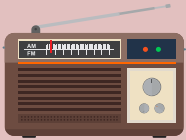
Have healthy snacks available for kids after school. Plan an easy, family-favorite dinner that everyone can help prepare and enjoy.

Social



Encourage your child to invite a friend over tonight for a no-screen social visit. They can join in for dinner and homework and in-person, face-to-face time.

Music



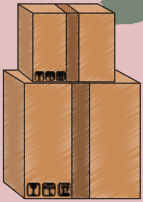
Turn the TV off! Turn on the music in your home tonight. Sing, laugh, dance, and create fun moments.

Puzzles



Put a puzzle or board game on a card table in the den, even if it doesn't fit your decorating.

Box up



Find an empty box in the garage, pack up the video game console, and put it in the attic. Remove the temptation by getting it out of site.

Phones



Gather ALL phones, put them in a zip lock bag, and find a hiding place in your bedroom for them for the night.

Stories



Tell stories at dinner tonight, filling your family time with real conversation instead of screens. Share a favorite story from your childhood, and ask what your kids' favorite childhood story is so far.

Rest



Get everyone to bed 30-min earlier than usual, if possible tonight. Sleep allows the body to restore and heal.

Kids' Room



Instead of screens in bedrooms, fill your child's nightstand with great books, a book light, and an alarm clock. Create a play space with hands-on toys for little ones.

YOUR NEXT STEP: Get our FREE 7-Day Challenge



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