

## The Wellness Check:

### START WITH BALANCE

Is your child getting 8–10 hours of sleep?

Is your child moving their body daily?

Are daily routines getting done?

Is your family spending "unplugged" time together?

## Why Turning Screens Off Feels Hard

### BIOLOGY, NOT DEFIANCE

#### Fast Rewards

Screens give instant stimulation real-life tasks may feel slower.

#### Time Blindness

Kids may lose track of time and miss stop cues.

#### The Stimulation Drop

After fast screens, slower activities may feel frustrating which can trigger big reactions.

#### Sensory Overload

Fast-paced content can overwhelm the brain, making turn-offs tougher.



## SLEEP & SCREENS

A RESTED BRAIN IS A  
REGULATED BRAIN.

Remove all screens at least 1 hour before bed

### KEEP BEDROOMS TECH-FREE

Store all devices in a common area overnight.

### THE NEXT DAY IMPACT

Nighttime use and poor sleep can cause higher irritability and lower focus at school the following day.

### THE SWAP

Swap screens for low-stimulation activities: reading, audiobooks, or drawing.



## ADHD &



## SCREENS



Finding Balance in a  
Digital World



# Managing Screens at home

## 1. Environmental Control: Out of Sight, Out of Mind

### Tech-Free Zones:

Decide together to keep spaces like the dinner table and family areas screen-free.

### Designated Storage:

Create a family charging spot in a common area (like the kitchen). When devices aren't in use, they go there — not in the bedroom.

### The Sleep Station:

All devices “go to sleep” at a set time in a shared space.

## 2. Predictable Boundaries

### Visual Timers

Visual timers or countdown apps help children track time

### Two Zones, Two Modes

Separate spaces for homework and gaming.

## 3. Healthy Alternatives

### Choice Menu

A visible list of fun options helps prevent “I’m bored” moments that lead back to screens.

### Create More, Scroll Less

Choose creative screen use over passive viewing.

### The Physical Pair

Pair screens with movement  
“After the game, we move our bodies.”

## 4. Use Tools to Help

### Parental Controls

Use apps like Qustodio or Apple Screen Time to set automatic shut-off times.

### Family Tech Breaks

Set “Family Tech Breaks” where everyone puts their devices away.

## Make Screen Endings Easier

### SUPPORT TRANSITIONS

Give calm time warnings  
(15-minute, 5-minute)

Use visual timers  
Avoid abrupt shut-offs

Pair endings with a  
predictable next activity

