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EMAGA DIGITAL STUDIO

FREE FAMILY RESOURCE / NO EMAIL NEEDED

7 simple ways to start your family screen-time reset.

Choose one small change to explore together. Adapt it to your child's age and your household.

- [ ] **Start with a calm family conversation.**
  Listen to what each person enjoys about technology and what feels difficult.
- [ ] **Review when devices are most commonly used.**
  Notice moments when phones interrupt meals, homework or winding down.
- [ ] **Identify one screen-free family activity.**
  Let your tween help choose a walk, board game, recipe or creative project.
- [ ] **Agree on a realistic evening routine.**
  Choose a manageable wind-down moment and decide where devices will stay.
- [ ] **Choose one device-free shared space or moment.**
  Begin with something achievable, such as a meal or a short shared activity.
- [ ] **Explain the reasons behind family boundaries.**
  Talk about what a rule makes room for, and model it yourself where possible.
- [ ] **Review what worked at the end of the week.**
  Ask what felt helpful, what was difficult and what you would like to adjust.

Our one small change this week:

What we want to review together:

Explore the full 30-day guide: Paperback on Amazon Kindle eBook on Amazon

Original website companion checklist, not an excerpt from the book. For general reflection; no outcomes are guaranteed. Small steps. More connection.

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