

# Little steps Lead to Big Change

*Pick a new idea or two for your family to try each month*

- Make short car rides screen-free
- Unplug Wifi at night
- Screen-free “waiting time” (dentist, elevator, Uber)
- Screen-free dinner once a week
- Turn off “Autoplay” on Youtube and Netflix
- Once a week “family game night” instead of screens
- Cancel 1 streaming service and replace with Audible
- During “family movie time” all other screens away
- Take the most distracting app off your phone
- Screen-free at restaurants (plan ahead for boredom)
- Screen-free on parent date nights
- Make a list of screen-free activities your family loves
- Set a “device bedtime” when screen use stops
- Pick a place where screens “sleep” at night
- Buy real alarm clocks for your family
- Take all devices out of kid bedrooms at night
- Screen free dinner half the time
- On family outings, one person holds all phones (ringers off)
- Put phones down during school drop-off and pick-up
- Turn off notifications
- Take all distracting apps off your phone
- Turn your phone to grayscale so it’s less enticing
- Use apps to manage screens for both adults/ kids (Freedom, OneSec)
- Set up Parental Controls on kid’s devices
- Screen-free dinner every night
- Make a room in the house a no-screen zone
- No screens during playdates



- Host friends for a board game night
- Take a 30-day social media or gaming break
- Car rides under 2 hours are screen free (plan ahead!)
- Take all devices out of adult and kid bedrooms at night
- Take TV's out of kid's bedrooms
- All meals are screen-free
- Keep phones out of pockets when at home
- Rearrange your living room so the chairs don't all face a screen
- Store remotes and entertainment iPads out of sight
- Keep books, puzzles, games etc. within easy reach
- Bring home library books about your kid's favorite subjects
- Find an author your family loves and read their books aloud
- Get a cheap standing desk and keep your laptop on it
- Make a list of things your kids need to do before they can get on a screen. (Run around outside, chores done, homework done etc.)
- Watch "The Social Dilemma"
- Read "Better Than Real Life" by Richard Freed
- Read "The Anxious Generation" by Jonathan Haidt
- Try a new outdoor hobby with your family