



UNPLUG TOGETHER!

Simple Ways Families Can Take Charge of Screen Time

Let's face it—raising kids in a world full of screens can be tough. It's not always easy to know when screen time helps, and when it starts to hurt. That's why we developed this quick, easy-to-use toolkit to help you and your family build smarter screen habits, starting today.

No lectures, no guilt—**just simple tips you can actually use.**



STEP 1: Make a Family Screen Time Plan

Sit down as a family and decide how much screen time feels right for everyone, including grown-ups! Keep track of how much time you're all spending on screens each week, and celebrate the moments you spend together doing other fun stuff instead. It's all about finding balance, not being perfect.

Want help making a plan? Visit [healthychildren.org](https://www.healthychildren.org)



STEP 2: Build Screen-Free Moments Into Your Day

Pick a few times each day when screens are off-limits—like during meals, in the car, or right before bed. Try making the dinner table a no-phone zone so everyone can talk, laugh, and really connect. And give your eyes and brain a break before bedtime by turning off screens at least an hour before sleep. You'll rest better, and so will your kids.

Need screen-free ideas? Visit [screenfree.org](https://www.screenfree.org)



STEP 3: Know What Screens Give You—and What They Take Away

Not all screen time is bad! Some shows, games, and apps help you learn, laugh, and connect with others. But too much screen time—especially without breaks—can affect your sleep, mood, focus, and even how your body feels. The more you understand the ups and downs of screen use, the better choices you can make as a family.

Want to see what is or isn't helpful? Visit [winstoncenter.unc.edu](https://www.winstoncenter.unc.edu)



STEP 4: Trade Screen Time for Fresh Air and Family Fun

Just 20 minutes outside can make you feel so much better! Being outdoors helps your body move, your mind relax, and your mood lift. Instead of another episode or scroll, step outside together. Go for a walk, ride bikes, play tag, blow bubbles, build a chalk obstacle course, or try cloud-watching.

Need outdoor play ideas? Visit [childrenandnature.org](https://www.childrenandnature.org)

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Want to Dig Deeper? Need More Resources?



Here are some trusted websites that offer more ideas, planning tools, and real-life tips:

- **Winston Center on Technology and Brain Development:** Access resources for parents, teachers, and youth.
winstoncenter.unc.edu
- **Common Sense Media:** Browse age-rated games, videos, apps, and start positive family talks together.
commonsensemedia.org
- **Healthy Screen Habits:** Grab a free Family Tech Plan, handouts, and podcasts to guide your routine.
healthyscreenhabits.org
- **Digital Wellness Lab:** Review age-by-age guides, from toddlers to teens, to balance tech and family life.
digitalwellnesslab.org
- **Internet Matters:** Explore safety tips, screen-use limits, and parental control help in simple, trusted ways.
internetmatters.org
- **Ditox Resource Library:** Access dozens of digital wellness tools and guides curated just for families.
ditox.co/resources



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Less Screen + More Green = Children Flourishing

www.projectonehealth.org