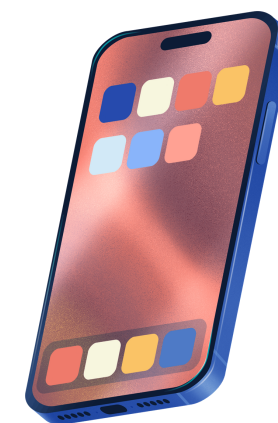


Family screen-time contract



Everyone

- No devices during meal times
- Devices stay downstairs overnight
- No devices during family activities (e.g. walks, film night, boardgames, beach trips)
- Come off devices if getting angry or upset while using device

Children

- Children use devices downstairs
- Children have access to 'child accounts' (e.g. YouTube Kids)
- Parents monitor what content children access
- Parents approve what apps/games children access
- No more than 2 hours per day of screen time
- Children come off devices when asked by parents
- Parents to give countdown reminders when screen time is due to end
- No more than £2 in-app purchases per week



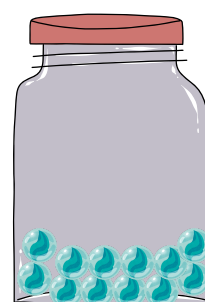
Dogs

- No putting devices in your mouth
- Bark if you see somebody breaking the rules
- No watching Paw Patrol at bedtime



Rewards

- 1x marble in the reward jar per day
- 7x marbles =
 - pocket money
 - packet of pokemon cards
 - trip to ice cream parlour



If rules are broken

- No screen time for a day
- Access to specific apps or games removed



Signatures

Mummy 

Daddy 

Dog 

Child 1 

Child 2 

Child 3 

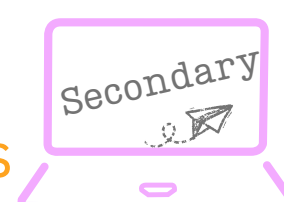


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Aneurin Bevan
University Health Board



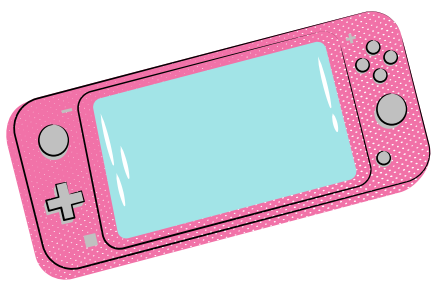
Talks in Torfaen for
Parents & Caregivers



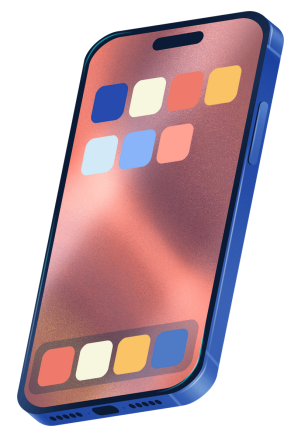
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Child & Family
Community
Psychology



Family screen-time contract



Everyone

-
-
-
-
-
-



Children

-
-
-
-
-
-



Rewards

-
-

If rules are broken

-
-

Signatures

Parent _____

Child 1 _____

Parent _____

Child 2 _____

Pet _____

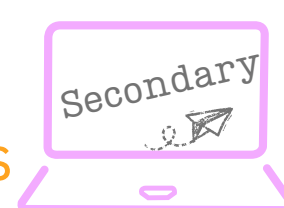
Child 3 _____



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