

PRINTABLE GUIDE

Make a family screen-use plan

Screen time includes different activities: lessons, video calls, games and passive viewing. One number cannot describe every child's needs or every activity. Use a family plan that considers age, content, ordinary routines and current age-specific guidance.

Family devices | 2 min read | 5 steps

Before you start

- ☐ Look at the family's usual day and devices together.
- ☐ For younger children, read appropriate official developmental guidance.

1. Notice how screens are used

Review the device's activity report or keep a short diary. Separate schoolwork and useful communication from leisure viewing. Ask what your child enjoys and what they find difficult to stop.

- ☐ Done this step

2. Protect ordinary routines

Agree when homework, meals, outdoor activity and bedtime routines happen. Choose specific times or places for putting devices aside instead of arguing only about a daily total.

- ☐ Done this step

3. Choose content as well as duration

Discuss what is appropriate and watch or play together where possible. For babies and toddlers, use current NHS advice on limiting screens and supporting play and interaction.

- ☐ Done this step

4. Set tools to match the agreement

On supported child accounts, use Screen Time or Family Link to configure schedules or app limits. Keep necessary communication available and test the restrictions together.

☐ Done this step

5. Review the plan regularly

Try the routine for a week, then discuss what worked. Adults should follow agreed shared-device rules too. Adjust the plan when school needs, age or family circumstances change.

☐ Done this step

Try it for yourself

Agree one shared device-free routine and review it after a week.

☐ I tried the task.

My notes

Is there one daily limit that suits every child?

No universal rule covers every age and activity. Consult current age-specific guidance and consider what screen use displaces in your child's day.

Official help and the online guide

Google child screen-time controls - <https://support.google.com/families/answer/7103340?hl=en>

NHS baby and toddler play guidance -
<https://www.nhs.uk/baby/babys-development/play-and-learning/baby-and-toddler-play-ideas/>

Read online: <https://plaintech-guides.pages.dev/guides/make-a-family-screen-use-plan/>