

MOM 2 MOM ON SCREEN TIME

MOM RECOMMENDED

Check out these mom-approved tools and apps to help you manage your family's screen time.

» Qustodio

"It's been a blessing so far – according to the parents. The kids are not yet impressed with the program, but it's been really helpful for us."
Holly (MOM OF 5)

» ChoreMonster

"It's has been fantastic for our house and makes sure mom and dad apply the rules the same, even when we're not both there at the same time."
Barb (MOM OF 2)

» Screen Time app

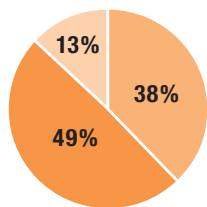
Set limits, block devices at specific times and grant bonus time for completed tasks.

"I'm happy to spend money on sporting equipment versus video games at any given time."

Sherilyn



MOST USED SCREEN TIME RULES



- Chores first
- Screen time limits
- Screen free spaces
- Screen free periods

"I see that the real problem isn't with my kids' screen time, it's with my screen time. It looks like I will have to start setting some rules for myself." Lindsay (MOM OF 2)

Parents tell us screen time is one of the biggest barriers to keeping kids active.

WHAT COUNTS AS SCREEN TIME?

- » TV
- » computer
- » video games
- » smart phones and other handheld devices



MOMS RULE

Setting rules and sticking to them can be the hardest part. Here are some mom-recommended screen time rules.

- » No screen time before 10 AM on weekends. Tenille (MOM OF 3)
- » Chores first.
- » Limit screen time to no more than an hour a day.
- » Reward screen time for completing tasks and homework.

LEARN MORE

Listen to the **MOM 2 MOM** Podcast today or download an episode for later!

- » We tackle screen time in episode 6.
- » Episode 3 addresses active video games.



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