Family screen agreement

Rules the family sets together, which apply to the adults too.

> A rule that applies only to children is experienced as unfair and gets undermined. The point about parents decides whether the agreement works. **Everyone signs**, and set a review date.

Where screens don't go

At the table, in the bedroom, the first hour after coming home …

How much

DAY	CHILD 1	CHILD 2	ADULTS

What comes first

Obligations, movement, fresh air

What applies to the parents

This point decides whether the agreement works

Review and signatures

We review the agreement on …

Signatures