



So we were all travelling relatively well limiting our children's screen time then along came COVID-19 and everything went online!

When we checked-in with parents last week, we were hearing one common theme around how we might support you, it was this – *Can You give us some ideas for transitioning our children off screens?*

## FIRST THINGS FIRST

It's not the transition that counts, it's the set-up before they take to the screen!

### **Establish the boundaries first with an end point**

Involve your child in the decision about when they will use their daily screen time and stick to the decision. They'll push the boundaries but don't let them, be consistent. Limit the watching to a number not a time *'You can watch 1 episode when the episode is finished I want you to switch the TV/ iPad/ You tube off.'*

## TOP AND TAIL

### **First – Next – Then**

Screen time is not the reward, it's one of the activities and it comes in the middle. *'Now you've chosen your first chore/work next will be your screen time then the outside to play/ continue with your puzzle.'* You can repeat this sequence for other work cycles, chores, family routines.

**First** → **Next** → **Then**

## BUILD A BRIDGE BACK TO REALITY

### **Share their experience and ask questions**

Take a few minutes and go and sit with your child to enter their world. Ask what they have been watching, about the characters, the background and generally let them know you are interested. If they don't answer your first questions, keep asking, take it slowly so they can come out of one zone into another. Once they start to engage with you, they're ready to move into the next zone. This is the space where they can listen instead of reacting. Discuss what's next.

We hope this is helpful

From the FMS Education Team

We'd love families to share ideas, what's working for your family? Some families have recommended the app, *Our Pact*.