The DISPLAYPAUSE Challenge

5 rules for less screen time and more family time. For everyone at home, parents included.

Tick it off when the whole week worked:

	Week 1	2	3	4

A Notifications off

Try this: Turn off all notifications except calls and messages from real people.

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B No phones at the table

Try this: A phone basket by the front door or in the hallway.

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C No phones after 7 pm

Try this: Phones sleep outside the bedroom, charging in the kitchen.

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D More pauses than screen time

Try this: After 30 minutes of gaming, 30 minutes outside, building, reading or helping out.

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E One media talk a week

Try this: Sunday, 10:30 am, 10 minutes: What was cool this week? What was weird? Anything you'd like to change?

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More ideas and tips:
www.displaypause.com/parents

More DISPLAYPAUSE. More childhood.

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