

One page for the fridge

A place to write the agreement your household chooses to try.

Write only what everyone involved is comfortable displaying. Keep personal answers and private concerns in your own report.

One way is to watch one whole video with them and ask something that has no right answer. We offer it for its own sake and for nothing else. It may give you a little of what they know, or only one name; either way the try has happened. It costs whatever you had your hands in.

This is not a way to change how long your child is on a screen, or what they meet there.

Not for everyone: not for an afternoon with nothing spare. If you are worried about something real, that is a different situation, and talking with someone who can help comes first.

WHAT WE HAVE AGREED TO TRY

WHEN AND WHERE

WHAT EACH ADULT WILL DO

WHEN WE WILL TALK ABOUT HOW IT WENT

An agreement can be changed if it does not fit your family. Keep the full plan and its limitations for your own reference.
