
For the person who helps you

A sheet you can choose to share with another adult who helps care for your child.

Use this sheet only if you choose to share it. Discuss which agreement you want support with and what is practical for each adult. This sheet does not include the questionnaire answers or the household theme list.

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.