Our home agreement



Prepared for Maja

What we are trying at home for the next six weeks, and how we will do it together.

Document 1 of 5

What already works at home

- Screens in the background
- When a device helps you get through the day
- Reading and stories together
- Your own phone during time together
- Watching and playing together
- Rules and the adults who use them

What we are trying

A screen menu is full of bright, fast videos, and choosing is part of the fun for a small child. One way is to look at two slow programmes made for children this small, then let your child pick one of the two. It costs the free run of the menu, and some days the answer to both will be no.

The story behind it: *The Snail or the Lighthouse*, in the book.

What we adults do too

We put our own phones away when we play or eat with you.

We say out loud what we are doing on a screen: "I'm reading a message from Grandma."

When we can, we watch with you and talk about what we saw.

Our six weeks

Week 1	Start with the story *The Snail or the Lighthouse*	○
Week 2	Keep going, and at the end of the week say what was easy	○
Week 3	Keep going, and say what was hard	○
Week 4	Keep going, and we ask you how it was for you	○
Week 5	Keep going, and each of us names one thing we noticed	○
Week 6	Together we decide: keep it, change it or stop	○

Read aloud together: *Hop, Hop, Stop!*

Read aloud together: *Can You Hear Me?*

Draw here what you like doing with us without a screen.

> If this agreement causes arguments, we pause it and talk. It can be changed.

No family gets this right every day. Trying together is enough.

Signed by everyone at home

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

3D · **Divert**: turn to something better · **Discomfort**: get through the first days · **Delight**: repeat until you enjoy it. · **3E · Environment · Energize → Empower**

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