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

- Your child's own phone
- Devices around bedtime
- Screens at family meals
- Choosing shows, games and apps
- Options away from screens
- Your device use during time together
- What your screen rules cover
- How rules are discussed and followed
- Shared screen activities

What we are trying

At the table, questions about screens can feel like questions for the child only. One way is to agree on one evening a week when everyone at the table, adults first, tells one thing they saw on a screen that day. It costs hearing about a video you would not have chosen, and telling one of your own.

The story behind it: *One Thing Each*, in the book.

Knowing what your child uses is one thing, and being in the room is another. A week split between two homes makes both harder. One way is to sit at the same table while your child plays, and to ask what things are called. Say plainly which settings you have put on the device. What matters is that your child has heard you say it. It costs whatever else you would have done while they played.

The story behind it: *The Margin*, in the book.

When a new tablet or console arrives, its place in the home tends to be settled in the first few days, usually by chance. One way is to decide with your child, before it is switched on for the first time, where it will live and where it charges, in a room the family shares. It costs a little of the first-day excitement.

The story behind it: *Before It Goes On*, in the book.

What we adults do too

At the table, our phones follow the same rule as yours.

We ask about your games and videos because we are curious, not to check on you.

When we get it wrong, we say so.

Our six weeks

Week 1	Start with the story *One Thing Each* ○
Week 2	Add the story *The Margin* ○
Week 3	Add the story *Before It Goes On* ○
Week 4	Keep going, and at the end of the week say what was easy ○
Week 5	Keep going, and say what was hard ○
Week 6	Together we decide: keep it, change it or stop ○

I want to add:

> 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** · **3O** · **Others** · **Outdoors** → **Outstanding**

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