

For the person who helps us



Picture made with AI image generation (OpenAI)

A short letter you can give to a grandparent, a babysitter or another adult who cares for your child with you.

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To: _____

From: _____

We filled in a questionnaire about our child and screens at home. From it we chose one small thing to try at home for the next six weeks. It is easier for us if you take part too.

What we are trying

This is how it reads in our plan (written to us, the parents):

> When the table is also a desk and a laundry shelf, shared meals can move to the sofa, where the screens are. One way, where you already eat together there, is to clear the table for one of those meals, with every phone in a place away from it, yours too, and the television off. It costs clearing the table, and the programme you would have watched.

What we ask of you

1. When our child is with you, keep to the same agreement as far as it works for you. We need nothing more than that.
2. If our child asks why, answer briefly and calmly; there is a sentence below.

3. Ask because you are curious, not to check. There is no need to punish, or to report every small thing to us.
4. At the end of the week, tell us one thing: what was easy and what was hard.

What you can say to our child

“At home you are trying one agreement. When you are with me, I will keep to it too.”

What it looks like when it goes well

It does not look perfect. Our child knows the same thing holds in both places, and nobody is cross when it is forgotten once.

What this is not

This is not a check on our child or on you. If something about our child seriously worries you, tell us straight away; that matters more than any agreement.

When and where it holds at your place

What you do, and what we do

When we will talk about how it went

The agreement can change if it does not suit one of us. Thank you.

3D · **Divert**: turn to something better · **Discomfort**: get through the first days · **Delight**: repeat until you enjoy it. · **3B · Basics · Body → Balance** · **3S · Separation · Solitude → Success**

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