

# Weekly Family Screen Plan (Singapore Edition)

A simple, realistic screen plan to protect sleep, emotional regulation, and hormonal health in school-going children.

## Family Screen Goals

School nights bedtime: \_\_\_\_\_

Screens OFF by: \_\_\_\_\_ (recommended: 60 minutes before bed)

Max recreational screen time per day: \_\_\_\_\_

No-screen zones: Dining table ■ Bedrooms ■ Short car rides ■ Family time ■

## Weekday Screen Plan (Monday – Friday)

### **Morning (Before School)**

- No gaming or social media before school
- Music or audiobooks allowed
- Phones stay outside bedrooms

### **After School / Before Tuition**

- Homework-related screens allowed
- 10–15 minute offline break with snack
- Recreational screens only after movement or outdoor play

### **Evening (Post-Tuition)**

- Recreational screen time ends by \_\_\_\_\_
- No screens during dinner
- Encourage family conversation or reading

### **Night Routine**

- Screens OFF 60 minutes before bedtime
- Devices charged outside bedrooms
- Calm activities: reading, bath, journaling

## Weekend Screen Plan

- Recreational screen blocks planned (not continuous)
- At least one screen-free half-day
- Daily outdoor activity encouraged

## Parent Role-Model Checklist

Parents commit to:

- No phones during meals
- Reduced scrolling at night

- Full attention during conversations

### Red Flags – Time to Re■Adjust

- Difficulty falling asleep
- Increased irritability or meltdowns
- Cravings or constant snacking
- Headaches or tummy aches before school

### Family Agreement

We agree to follow this screen plan for \_\_\_\_ weeks and review together.

Parent Signature: \_\_\_\_\_

Child Signature: \_\_\_\_\_

Review Date: \_\_\_\_\_