AGES 4–16 | QUICK-RESPONSE GUIDE

Managing Screen-Time Conflicts



WHAT THIS IS

Screens are engaging by design, and stopping mid-activity is hard for children (and adults) because of how attention shifts.

HOW TO USE IT

1. Agree on rules together
2. Give a warning
3. Use the same ending routine

EXAMPLE

"Five more minutes, then we turn it off and pick a game together."

Why this happens

Screens are engaging by design, and stopping mid-activity is hard for children (and adults) because of how attention shifts.

What your child may need

Predictable rules, advance warnings, and good alternatives.

Try this

1. **Agree on rules together**
   When, where, how long, and what happens at the end.
2. **Give a warning**
   5-minute and 1-minute countdowns with a timer.
3. **Use the same ending routine**
   Save, turn off, then a fun next activity.
4. **Model it**
   Show your own healthy phone habits.

Try saying:

"Five more minutes, then we turn it off and pick a game together."

Avoid:

Surprise shutoffs, using screens as the only reward, or arguing at the end.

My plan this week

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.