detox hub

Screen-Time Action Toolkit for Busy Indian Parents



Less screen. More real life.
Simple steps. Lasting change.

Set Healthy Limits

Choose screen-free times & zones

Build Positive Routines

Plan, balance and stick to a daily rhythm

Choose Better Alternatives

More play, outdoors, hobbies & real connection

Have Open Conversations

Listen, guide, build digital confidence

Be a Role Model

Your habits shape theirs

Healthier Minds. Happier Families.

PART 1: THE PRINTABLE TOOLKIT

Family Digital Agreement

We agree to use technology in a way that respects our family, health, and happiness.

Daily screen limit: _____

Screen-free times: _____

Screen-free zones: _____

Family activity time: _____

Weekend digital rules: _____

We will communicate, be kind, and make technology work for us—not against us.

Together, we can create a happy balance!



Our Signatures

_____ _____ _____ _____

Screen Addiction Warning Signs Checklist



Use this checklist to evaluate your child's current screen habits.

Warning Signs

Tick any statements that apply.

- ☐ My child asks for screens immediately after waking up
- ☐ My child becomes upset when screen time ends
- ☐ My child prefers screens over outdoor play
- ☐ My child uses screens during meals
- ☐ My child struggles to sleep without screens
- ☐ My child rushes homework to return to screens
- ☐ My child sneaks devices when unsupervised
- ☐ My child loses interest in hobbies or friends

Remember:

These signs don't mean screens are always the problem, but they can help you start important conversations and make positive changes.



Kids Screen-Time Contract Template



Children often follow rules better when they participate in creating them. Use this contract to establish clear expectations.

Kids Screen-Time Agreement

Child Name: _____ Parent Name: _____

Date: _____

Our Screen-Time Rules

1. Maximum daily screen time: _____
2. Allowed screen times: _____
3. Screen-free times: _____
4. Screen-free zones: _____
5. Approved apps or games: _____

Rewards for Following the Rules

Example rewards may include:

- choosing a family movie
- choosing dinner
- extra playtime with friends

Reward plan:

_____

_____

Consequences for Breaking the Rules

Example consequences:

- loss of screen time the next day
- earlier bedtime
- additional household responsibilities

Consequence plan:

_____

_____



Agreement

Child Signature: _____

Parent Signature: _____



Daily Routine Planner for Kids



A predictable daily routine helps children adapt to healthy screen limits.

Fill in a schedule that works for your family.

Daily Routine Template

Time	Activity
After school	_____
Snack time	_____
Homework	_____
Outdoor play	_____
Screen time	_____
Family activity	_____
Bedtime routine	_____



A good routine today, a brighter tomorrow!





7-Day Screen Reset Checklist



Use this checklist while implementing the 7-Day Screen Reset Plan.
Tick each task when completed.

Day	Task	Completed
Day 1	Track your child's screen usage for the entire day	☐
Day 2	Discuss healthy screen habits with your child	☐
Day 3	Create clear family screen rules	☐
Day 4	Choose 5 screen-free activities	☐
Day 5	Reduce daily screen time	☐
Day 6	Create a reward system	☐
Day 7	Establish a daily routine	☐

PART 2: 50 SCREEN-FREE ACTIVITIES THAT KIDS ACTUALLY ENJOY

(Keep this cheat sheet handy whenever your child complains of boredom)

Outdoor & Physical Play

1. Cycling races around the building or neighborhood
2. Cricket or football penalty shootouts
3. Skipping rope endurance challenges
4. Classic hide-and-seek or tag
5. Flying a kite on the terrace or ground
6. Throw-and-catch with tennis balls
7. Backyard or living-room obstacle course races
8. Playground jungle gym and swings
9. Balcony/garden seed planting and watering
10. Evening family nature walks

Creative & Hands-On Play

11. Step-by-step cartoon sketching
12. Watercolor or poster-color painting
13. DIY greeting cards for grandparents or friends
14. Origami paper planes, frogs, and boats
15. Modeling clay or Play-Doh sculptures
16. Lego or building-block speed challenges
17. Writing and drawing a 4-panel comic strip
18. Cardboard box forts or spaceship builds
19. Notebook cover personalization and sticker collage
20. Recycled plastic bottle planters

Brain-Boosting Offline Games

21. Jigsaw puzzles (100–300 pieces)
22. Chess or checkers matches
23. Illustrated children's crosswords
24. Beginner 4x4 or 6x6 Sudoku
25. Memory match card games
26. Safe kitchen science (vinegar + baking soda volcano)
27. Storybook reading marathons (Tinkle, Panchatantra, comics)
28. Unplugged board-game coding challenges
29. Math riddle competitions

30. Learning beginner magic tricks with coins or cards

Family Bonding & Connection

31. Classic board game evenings (Carrom, Ludo, Monopoly)
32. Cooking simple snacks together (bhelpuri, fruit chaat)
33. Baking simple cupcakes or cookies
34. Bedtime oral storytelling ("Tell me about when you were little")
35. Rapid-fire family trivia quizzes
36. Solving a large floor puzzle as a team
37. Planning the upcoming weekend picnic
38. Dumb charades (acting out movies or animals)
39. Assembling a printed family photo album
40. Co-watching a scheduled Friday family movie (intentional screen use)

Quiet Independent Activities

41. Reading graphic novels and comics
42. Gratitude journaling or creative story prompts
43. Assembling scale-model toy kits
44. Drawing tutorials with sketch pens
45. Keyboard or musical instrument practice
46. Cursive handwriting or calligraphy practice
47. Organizing and cataloging toy collections
48. Listening to children's audiobooks or podcasts
49. Simple evening yoga stretching
50. Inventing their own board game on cardboard

PART 3: THE 5-STEP RESET METHOD & PARENT PROTOCOLS

(The step-by-step strategy to make habits stick long-term)

Step 1: Replace Sudden Bans with Gradual Reductions

Going cold turkey triggers intense withdrawal tantrums. If your child is using devices 3–4 hours a day, taper it down: Day 1–2: 2.5 hours; Day 3–4: 2 hours; Day 5–7: 1 hour. Always pair the reduction with an immediate activity from Part 2.

Step 2: The Two Non-Negotiable Screen-Free Zones

1. **The Dining Table:** Mealtime screens destroy mindful eating and communication. Remove all phones from view before food is served.
2. **The Bedroom:** Blue light blocks melatonin and severely disrupts sleep architecture. All devices must be plugged into a central living-room charging spot by 8:00 PM.

Step 3: Implement Automated Boundaries

Do not become the "bad cop" shouting reminders across the house. Let neutral systems do the enforcing:

- **Google Family Link (Android) or Apple Screen Time (iOS):** Set app limits (e.g., 30 mins YouTube) and automatic 8:30 PM device shutoff.
- **WiFi Scheduling:** Configure your home router to pause internet access for kids' tablets automatically at night.
- **Physical Visual Timers:** Use an analog kitchen timer or countdown clock on the table. When the alarm rings, screen time is officially done.

Step 4: Exact Parent Scripts for Difficult Moments

- **When they demand the phone during dinner:**

  "I know watching videos during meals is fun, but in our house dinner is when we talk about our day. You can choose your favorite board game right after you finish."

- **When they say "Just 5 more minutes":**

  "The timer just rang, which means our agreed screen window is done. If you turn it off right now on your own, you earn your reward point on the contract for today."

- **When they complain "I'm bored":**

  "Boredom is where your creativity starts. Let’s go look at our 50-activity list. Pick two you want to try right now."

DISCLAIMER

This guide provides educational information about children's screen habits and parenting strategies. It is not a substitute for professional medical or psychological advice. If your child shows severe behavioral or emotional concerns related to digital usage, consult a qualified pediatrician or child psychologist.

FINAL WORDS

Raising children in the digital age comes with challenges previous generations never faced.

But with the right structure, guidance, and consistency, families can create healthy technology

habits that support learning, creativity, and connection.

Remember:

Technology should serve your family — not control it.

Small changes made consistently can transform your child's relationship with screens and help

them develop lifelong skills in focus, balance, and self-control.