KLYCORA / FAMILY ROUTINES

Family Screen Routine Starter

Choose one moment. Agree on one plan. Review together.

A conversation worksheet to adapt to your household, not a universal screen limit.

1. NOTICE ONE DIFFICULT TRANSITION

When does it happen?

What is the device being used for?

What makes stopping difficult?

2. AGREE ON A PLAN TOGETHER

Ask: What would make this transition more predictable?

Our agreed stopping point:

Two realistic choices for what comes next:

How adults will participate:

3. CHECK IN FOR SEVEN DAYS

Day	Tried plan?	What helped / what needs changing?
1	☐	
2	☐	
3	☐	
4	☐	
5	☐	
6	☐	
7	☐	

Separate entertainment from essential learning, accessibility and necessary communication.

Adapt the plan to your child's needs. For significant distress or developmental, behavioural or mental-health concerns, seek individual professional guidance. General education only; no particular result is guaranteed.

CLICK HERE: VIEW THE OPTIONAL 21-DAY TOOLKIT - INR 499

https://parents.klycora.com/21-day-screen-time-reset

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