

The Family Screen Reset Starter Kit

Guide for raising emotionally healthy children



Welcome to Your Family Screen Reset!

In today's rapidly evolving digital world, it's more important than ever to cultivate a healthy relationship with technology for ourselves and our children. This starter kit is designed to help you navigate the challenges and opportunities that screens present within your family.

Created by Keerthi B Nadig, a mental wellness expert, this guide offers practical tools and gentle strategies to foster emotional well-being, strengthen family connections, and establish balanced screen habits.

We believe that with mindful intention and consistent practice, you can create a more harmonious and connected family life, even amidst the digital landscape. Let's embark on this journey together!

Quick Self-Assessment

Take a moment to honestly answer these questions. This isn't about judgment, but about gaining awareness to guide your screen reset.

- **How often do you find yourself using screens during family time?**
 - Rarely
 - Sometimes
 - Often
 - Constantly
- **Do your children express boredom or frustration when screens are not available?**
 - Rarely
 - Sometimes
 - Often
 - Constantly
- **How would you rate your family's current screen-free bedtime routine?**
 - Excellent (consistent and peaceful)
 - Good (mostly works)

- Fair (needs improvement)
- Poor (chaotic and challenging)
- **Do you feel your family has open conversations about online experiences and feelings?**
 - Yes, regularly
 - Sometimes
 - Rarely
 - Not really
- **Do you and your partner/co-parent have a united approach to screen time rules?**
 - Yes, completely aligned
 - Mostly aligned
 - Somewhat aligned
 - Not aligned

Reflect on your answers. Where are your strengths? Where might there be opportunities for growth?

Your 7-Day Screen Reset Challenge

This challenge is about making small, intentional changes to build healthier screen habits. Focus on progress, not perfection!

Day 1: Screen-Free Mealtime

Commit to no devices at the dinner table. Engage in conversation and enjoy your food together.

Day 2: Tech-Free Morning Start

Before checking emails or social media, spend 30 minutes connecting with your family or engaging in a mindful activity.

Day 3: Dedicated Playtime

Schedule 1 hour of screen-free, imaginative play with your children. Let them lead!

Day 4: Digital Detox Hour

Choose a block of 60 minutes where the entire family puts away all devices.

Day 5: Explore Offline Interests

Introduce a new board game, craft, or outdoor activity that doesn't involve screens.

Day 6: Screen-Free Evening Wind-Down

Start your bedtime routine without screens at least 1 hour before sleep.

Day 7: Family Reflection & Planning

Discuss what worked well this week and plan for the next steps in your screen reset.

Daily Emotion Check-In Prompts

Help your children (and yourself!) develop emotional literacy with these prompts. Use them during family time, before bed, or whenever feels right.

- What was the best part of your day today? How did that make you feel?
- Was there anything that felt challenging or frustrating today? What did you do to cope?
- If your feelings were a color, what color would they be right now and why?
- What is one thing you are grateful for today?
- How can we help each other feel better when we are upset?
- What did you learn today?
- What brought you joy today?

Remember to share your own feelings too! This creates a safe space for vulnerability.

Family Screen Agreement Template

Creating a shared agreement helps set clear expectations and fosters a sense of responsibility for everyone in the family.

Our Family Screen Agreement

We, the undersigned, agree to the following principles to ensure a healthy and balanced relationship with technology:

1. Purpose:

We use screens to learn, connect, and create, not to escape or disconnect from each other.

2. Device-Free Zones & Times:

- No devices during meals.
- No devices in bedrooms after [Time].
- No devices during family activities or conversations.

3. Screen Time Limits:

- **Daily/Weekly limit for each child:** [Specify time] (adjust based on age and needs).
- **Parental monitoring:** We will discuss online activities and monitor content appropriately.

4. Content Guidelines:

- We will only access age-appropriate and positive content.
- We will report any uncomfortable or concerning online experiences immediately.

5. Screen-Free Activities:

We commit to engaging in at least [Number] hours of screen-free activities per week, such as [Examples: reading, sports, games, outdoor play].

6. Respectful Communication:

We will discuss and respect these guidelines as a family. Changes can be made through open conversation.

Signatures:

Parent/Guardian 1: _____ Date: _____

Parent/Guardian 2: _____ Date: _____

Child 1 (if age-appropriate): _____ Date: _____

Child 2 (if age-appropriate): _____ Date: _____

This agreement is a living document and can be reviewed and updated together.

Bedtime Tech-Free Routine Checklist

A calming, screen-free bedtime routine is crucial for restful sleep and emotional regulation. Use this checklist to establish a consistent pattern.

Our Peaceful Bedtime Routine:

- ☐ **Dinner ends:** All devices are put away.
- ☐ **Family connection time:** Read together, play a quiet game, or talk about the day.
- ☐ **Hygiene:** Brushing teeth, washing face, getting pajamas on.
- ☐ **Quiet activity:** Reading a book (physical book!), listening to calming music or a story, journaling.
- ☐ **Gratitude practice:** Share one thing you're thankful for.
- ☐ **Affirmations/Kind words:** Share positive thoughts about yourself and others.
- ☐ **Lights out:** Create a serene, dimly lit environment.
- ☐ **Sleep:** Aim for [Number] hours of quality sleep.

Adjust the times and activities to fit your family's unique needs and schedule.

Weekly Reflection

At the end of each week, take some time to reflect on your screen reset journey. This helps reinforce positive changes and identify areas for continued focus.

- **What screen-related challenges did we encounter this week? How did we address them?**
- **What screen habits worked well for our family?**
- **Did we stick to our family screen agreement? What adjustments might be needed?**
- **How were our emotion check-ins? Did they help us connect better?**
- **What is one small step we can take next week to further improve our family's digital well-being?**

Celebrate your successes, big or small! Every step towards balance is a victory.

Continue Your Journey to Emotional Well-being

This starter kit provides a foundation for creating a healthier relationship with technology within your family. Remember, building emotionally healthy children in the digital age is an ongoing process that requires patience, consistency, and self-compassion.

For more in-depth strategies, personalised guidance, and support on your parenting journey, we invite you to explore:

'Raising Emotionally Healthy Children in the Digital Age' by Keerthi B Nadig

This comprehensive book offers invaluable insights and practical tools to help your family thrive.

Ready for personalised support?

If you'd like to discuss your family's specific needs or explore professional guidance, please reach out to:

Santasa Counselling

We are here to support you in nurturing a resilient, connected, and emotionally healthy family.

You can get the e-book now on [Google Play Books](#) and [Amazon Kindle](#)

You can visit our [website](#) and contact us at 9686450568