Setting Gadget Free Routine

Agree to Gadget free time as a family

- No gadget in the morning after waking up

- No gadgets on the food table

- Setting screen free time (30min/60min) in the evening

- No gadgets in the bedroom

- Put your gadget down when sometime is trying to have a conversation

- Set screen time for kids (according to age) and also for adults

- Put timer in phone for screentime limit as per apps. Instagram also allows to do it as in inbuilt feature