



A FREE HANDBOOK

Setting Gadget Free Routine for Kids

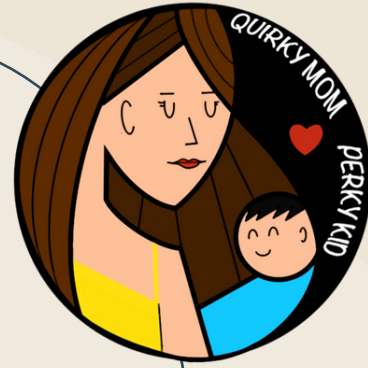
by

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Gadget Free Routine



Impact of Screens : Excessive use of gadgets and screen time can have various impacts on the developing brains of children.

While technology can offer educational benefits and entertainment, it's crucial for parents to be aware of the potential negative effects like :

- Delayed Cognitive Development
- Eye strain & Sleep Disruption
- Behavioral Issues
- Impact on Academic Performance and many more



How to control screentime:

Consistency and communication are key when implementing screen time controls.

Creating a gadget-free routine for kids is a positive step towards promoting a healthy balance between screen time and other activities.



Ways to control screentime

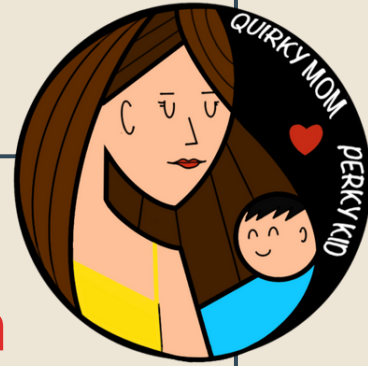
1. Set clear boundaries regarding gadget use
2. Establish specific times when gadgets are allowed
3. Create Tech-Free Zones like dining table or bedrooms
4. Create quiet time corner with non-screen activities, books, toys etc.
5. Create daily rituals that do not involve gadgets, such as bedtime stories, family walks, or game nights.
6. Educate about Screen Time effects and encourage discussions about responsible gadget use and its impact.
7. Model healthy gadget usage by limiting your own screen time



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 someone 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 inbuilt feature



Break Screen Addiction in 7 Simple Steps



1. Discuss the Plan as a Family to address the problem.



2. Set a Date to Start the New Screen Schedule.



3. Create a List of Activities to Replace Screen Time.



4. Follow Out of Sight, Out of Mind Rule for Devices



5. Encourage kids to engage in screen-free play



6. Model this Behavior by limiting your screentime.



7. Create New Routines to Stay Unplugged to Enjoy Each Other's Company





About Me

Everyone expects us to be a perfect parent but no one has ever taught us how to be a parent. We all have been using trial and error method by taking in advise from anyone and everyone. I have been there and realized that there is more to it.

I am Shambhavi Dhanvijay, a certified parent coach.

I can help you navigate through 'your' challenges of parenthood offering you tailor made solutions for your family.

I help empower parents to build positive relationships with their children, create effective communication, and foster a healthy family environment.

**Reach out to me for booking a free 20 min
one-on-one session**

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