noxola

Our screen-time agreement

Fill this in together, then keep it where everyone can see it. Change it any time you both agree.

School days _____ hours a day

Weekends _____ hours a day

Screens off at _____ pm

To ask for more time Ask, don't argue. We answer within a day.

_____

We agree that:

_____

_____

Signed Kid _____ Parent _____

Date _____