



## REVIEW CHECKLIST

For minimizing screen machine time

- Do we have a NO screen time rule on school mornings in our family?
- Are my spouse/partner and I in agreement about screen machine rules?
- Do we present our expectations about before-school-screen-machine-use clearly, and are we consistent in enforcing them?
- Do I know the recommendations of the American Academy of Pediatrics (AAP)?
- Do I consider alternatives when it comes to the rules, and role model what is expected?