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Minimizing Our Screen-Time and
Maximizing the Quality of What We Do On-Line
Sample Family Agreement

1. Why are we making changes? (Values, Health, What's important in Life)
2. What changes do we want to make? Keep it Simple (Phase I, II, III)
3. How should we make them? Keep it Simple (Family and Individual Goals)
4. How can we remember the changes and help each other?
5. What incentives can we put in place to reward our efforts? (Family and Individual)
6. How often should we meet to check in on our progress? Schedule meetings.

Other Tips:

- When discussing these things with children in elementary and early middle school use props, pictures, have them create fun things to represent the ideas and goals you are helping them understand. Get creative.
- Don't go big with incentives/rewards. Go small and make sure the rewards do not involve technology and are implemented weekly.
- Establish realistic expectations around the conversation and implementation of the plan. Both will likely not go smoothly and may take great patience and accountability on your part. There will be conflict, regression and re-negotiation as you sort out what works best for your family.
- Meet regularly to assess progress. Talk about what positive and negative effects the changes are having in your lives.
- Keep all convo's short and sweet! Try to listen, be non-judgmental, don't be the know it all, don't lecture, don't shame.

This is all very idealistic. Take what works and leave the rest. May be a trial and error process. Start now!