MyKidIsBad

CONTRACT

Screen Time Contract

A written agreement you both sign, so the rules are clear before the fight starts.

Fill this out together, out loud, when everyone is calm, not in the middle of a screen-time fight. A rule your child helped write is a rule they are far more likely to accept. Post it somewhere visible so "that is not what we agreed" is a fact, not an argument.

Child's name: _____

Date: _____

Daily screen time limit on school days: _____

Daily screen time limit on weekends: _____

Screens are always OK for: _____

Screens are never OK for (mealtimes, right before bed, etc.):

_____

A 5-minute warning will be given before screen time ends:

☐ Yes ☐ No

What happens if the agreement is broken (keep it small and consistent):

_____

We will revisit and update this agreement together on: _____

_____ _____

Parent signature Child signature (or mark)

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