






MAMA's House Rules

The Basics



- In the morning, we wait until after we've fully woken up, brushed our teeth, and eaten breakfast before we check our devices. 
- In the evening, we power down devices starting at 8pm for teens and 9pm for adults on weeknights and always store them in a designated place that's not anyone's bedroom (basic alarm clocks work great). 

Daily Habits





- We set daily screen time limits for all of our digital activities, and we stick to them. 
- We enjoy the outdoors without devices for at least 30 minutes every day. 
- When we talk to one another, we never check our phones mid-conversation. 

Check off the rules you've implemented so far.
Reach for more as your family is ready.

Family Meals

- We don't invite devices to the dinner table. 
- When we go out to eat, we color, play games, or talk (and learn the value of boredom!) to pass the time instead of using screens. 

Getting Serious

- We put devices away completely for 24 hours once a month. 
- We don't sign up for social media until high school. 
- With any new device, we sit and create a family media agreement, and review it together whenever necessary. 
- We never ever put anything in a text or email that we wouldn't want our grandparents to read or see on the front page of a newspaper. 
- We use parental controls to select age-appropriate —and no-go — apps. 