

The Family Phone Plan

Less scrolling. More family.

Kids learn more from what we do than from what we say.
This plan isn't about banning screens or blaming anyone. It's about deciding, together, where phones fit in your family and where they don't.

1

Parents first

Pages 1–2, on your own (10 min)

2

Then together

Pages 3–6 as a family, over a meal

3

Try it for 7 days

Page 7: the challenge and your pledge

1 The Parent Check-In

Be honest. Mark how often each one is true for you right now.

	RARELY	SOMETIMES	OFTEN
I check my phone while my kids are talking to me.	☐	☐	☐
Phones come to the table during meals.	☐	☐	☐
I hand over a screen to keep the peace.	☐	☐	☐
Screen time ends in arguments in our house.	☐	☐	☐
My kids have asked me to put my phone down.	☐	☐	☐
Screens are the last thing we see before bed.	☐	☐	☐

Lots of “Often”? That's not a verdict. It's just your starting point.

2 What We Want More Of

Start with the why. Finish each sentence honestly.

a Our family feels closest when...

b Screens get in the way most when...

c Something I want my kids to remember about growing up in our home...

d If we had an extra hour together each day, I'd love for us to...

NOW, TOGETHER AS A FAMILY

3 Find Your Family Scroll Zones

Scroll Zones are the times and places screens quietly take over. Check the ones that sound like your home.

- | | |
|--|--|
| ☐ At the dinner table | ☐ In bedrooms at night |
| ☐ In the car | ☐ Mornings before school |
| ☐ Right after school | ☐ During homework |
| ☐ Weekend mornings | ☐ Restaurants and waiting rooms |

Our biggest family Scroll Zone: _____

4 The Need Underneath

Screens are rarely the real problem. They're just the fastest answer available.

When we reach for a screen, we might be looking for...

- | | |
|---|--|
| ☐ Something to do (boredom) | ☐ A way to unwind |
| ☐ Time with friends | ☐ Not wanting to miss out |
| ☐ Escape from a hard feeling | ☐ A break from each other |

Other ways our family could meet those needs:

Try this: ask your kids which Scroll Zones they notice in *you*. Listen without defending. It's the fastest way to earn their buy-in.

5 Kids' Turn

Your voice matters here. There are no wrong answers. Younger kids can say it out loud while a grown-up writes.

a My favorite thing to do on a screen is...

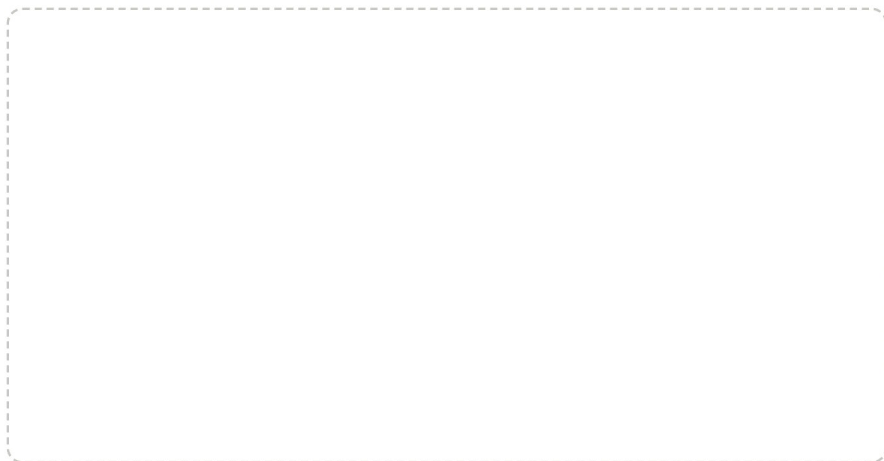
b I wish my family did more...

c I feel left out when my grown-ups are on their phones during...

d A screen rule I think is fair is...

e If we had a no-phone day, I'd want to...

Draw your favorite thing to do together, with no screens:

A large, empty rectangular box with a dashed border, intended for a child to draw their favorite thing to do together without screens.

Make Our Family Plan

Simple, shared, and the same rules for grown-ups.

A Choose Your Family Anchors

Anchors are phone-free times that belong to your family. Start with one or two.

- ☐ Family meals
- ☐ Car rides
- ☐ First 30 minutes after school
- ☐ The bedtime routine
- ☐ Family game or movie night
- ☐ Weekend mornings

Our family Anchor(s): _____

B Phones Go to Bed, Too

Out of sight works better than face down. Where will everyone's phones sleep?

- ☐ A charging spot in the kitchen
- ☐ A basket by the door

Phones go to bed at: _____ **Phones wake up at:** _____

C Our Screen-Time Basics

Fill in what feels right for each child's age. Clear beats strict.

	HOW MUCH	WHEN
School days		
Weekends		
Off before bed		

D Swap It, Don't Just Stop It

Taking screens away leaves a gap. Fill it with something better. Pick your family's favorites.

- | | |
|--|---|
| ☐ Board or card games | ☐ A walk or bike ride |
| ☐ Cooking or baking together | ☐ Reading side by side |
| ☐ Building, drawing or crafts | ☐ Playing outside |
| ☐ Music and dancing | ☐ Calling grandparents |

Our go-to swap: _____

E Grown-Ups Go First

Kids follow what we model. Parents, check what you'll commit to.

- ☐ I'll put my phone down when my kids talk to me.
- ☐ I'll say why I'm on it ("I'm checking the map").
- ☐ I'll follow the same Anchors and phone bedtime.
- ☐ I'll own it out loud when I slip.

F When Someone Slips

A slip is data, not a verdict. Agree on a kind, no-blame way to help each other reset.

Our family reset signal (a word, a wave, a silly phrase): _____

When it happens, we will: _____

G 7-Day Family Challenge

Each day, swap one screen moment for one family moment.



Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7

Ideas: a phone-free dinner with one real question, a walk after school, a family game, cooking together, or reading before bed instead of scrolling.

What we noticed this week: _____

H Our Family Pledge

We agree to protect our Anchors, give our phones a home, and help each other reset with kindness. We'll check in on this plan together in one month.

Date: _____

Want help making it stick? Book a free 15-minute call with Ryan to build a plan that fits your family.

