

Screen Time

We urge parents to monitor middle schoolers' screen time at home. The importance of play, interaction and exercise cannot be overstated. As you see in the Sayre Middle School iPad Guidelines, teachers have created a number of rules limiting the use of iPads during the school day outside of class.

Here are but a few suggestions we have to help you limit your child's screen time:

- Create tech-free zones or times, such as during mealtime or one night a week.
- Discourage use of media entertainment during homework.
- Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens one hour before bedtime.
- Require your children to charge their devices outside of their bedrooms at night.
- Keep screens out of your child's bedroom.
- Limit your own screen time.
- Eliminate background TV.

Additional Resources

[How and When to Limit Kids' Tech Use](#)

[The Best Technology-Screentime Contract for Kids](#)

August 2019