ParenTeen CONNECT

IF-THEN PLAN
Screen Time

An If–Then Plan helps you prepare for situations that may cause family conflict, like not following rules for technology and screen time.

IF you plan how you're going to react to something,
THEN you'll know what to do when it happens.

Remember

IF is a specific cue you can react to quickly.

THEN is a specific action or actions you can do immediately.

Example

Situation: Distracted diners

IF (OR WHEN) it's time to sit down to eat,

THEN everyone will put their phones away.

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Situation: _____

IF (OR WHEN) _____

THEN _____