

OUR PLANNER

MONDAY



7am _____

9am _____

11am _____

1pm _____

3pm _____

5pm _____  

7pm _____

9pm _____

TUESDAY


7am _____

9am _____

11am _____

1pm _____

3pm _____

5pm _____  

7pm _____

9pm _____

WEDNESDAY



7am _____

9am _____

11am _____

1pm _____

3pm _____

5pm _____  

7pm _____

9pm _____

THURSDAY


7am _____

9am _____

11am _____

1pm _____

3pm _____

5pm _____ 

7pm _____

9pm _____

FRIDAY


7am _____


9am _____

11am _____

1pm _____

3pm _____

5pm _____ 

7pm _____ 

9pm _____

SATURDAY

7am _____

9am _____

11am _____

1pm _____

3pm _____

5pm _____

7pm _____

9pm _____


SUNDAY

7am _____

9am _____

11am _____

1pm _____

3pm _____ 

5pm _____

7pm _____

9pm _____





HOT TIPS:

- Our key tips for setting a screen-routine for tweens & early teens:
- No leisure screen-time until after homework and chores are completed.
 - Avoid gaming during the hour before bed. Opt for wind-down activities (such as reading) in the half-hour before bed.
 - Avoid scheduling screen-time in the morning before school.
 - Leave leisure screen-time for the late afternoon.

LEGEND:

Many parents aren't sure where to start when it comes to setting a screen-routine for their child. We've made some recommendations using the symbols below to help guide you!

-  1-hour Educational Screen-Time
-  1-hour Leisure Screen-Time