**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**

**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.