

**BACK
TO
SCHOOL**

SCREEN TIME TIPS



SEPTEMBER 2026

First Things First!

Finish homework first before using devices for fun.

Set daily screen time limits and stick to them.

SET UP FOR SUCCESS

- Create a family media plan with agreed-upon screen time rules.
- Balance screen time with outdoor play, sports, reading or hobbies.

BE TECH SAVVY

Use technology with purpose: learn, create, connect, and communicate, not just to scroll

POWER DOWN DEVICES AT LEAST ONE HOUR BEFORE BEDTIME FOR BETTER SLEEP.

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