



Instructions on how to use the buckets

Why use a Screen Time Bucket?

Buckets or any container will help your child and family take a break from the regular use of their smart-phone and digital devices during dinner time, bed-time, homework and family time

Also they can be used with incentives for positive behavior.

- First create a container, basket, box, or bucket. **Be creative make it a family craft.**
- At appropriate times have child or individual place digital devices inside the buckets. **(do not take phone from child)**
- Explain the importance of taking a break and or sharing time with the family, doing home work, or down time without a smart phone interruption.
- At the end of the break have them **retrieve device from container.**
- Also reward behaviors with timed earned digital use

**See our 10 tips for Safety and
Screen Time Tips enclosed or go to
www.liccv.org**



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