# 10 Steps to Screen-Proof Our Homes

**1** Rearrange the furniture. Turn your living room and family room into places for inter-action, games and conversation, not mini-theaters. Put the screens away, cover them, or at least make them less central to the room and your life. Make sure that the furniture is facing away from the screen, so if you want to watch, you have to make an effort.

2. Make children's bedrooms—and your own—screen-free.

3. After Screen-Free Week, set consistent limits about children's screen-time. Here are some categories of commitment that have worked for lots of other people:

> • **No more than 2 hours per day of recreational screens 7 days per week. This includes all screens, so use of television, computer and video games has to be planned beforehand, since time can pass very quickly.**

> • **No more than 2 hours per day on weekends of recreational screens and only an hour per day during the work/school week.**

> • **No more than 2 hours per day on weekends and no recreational screens during the school/work week.**

The above categories are not set in stone; the key is to find the balance that works for you and your family. And remember, the American Academy of Pediatrics recommends no screen time for babies and toddlers under age 2.

4. Set limits on your own screen time. The example you set is as important as your rules.

5. Keep the remote in a drawer.

6. Institute screen-free (and phone-free) meals. Talk, laugh, tell stories, and enjoy your food. (For more, see Family Meals: Let's Bring Them Back in this section.)

7. Try not to rely on screens as a babysitter.

8. Involve children in household chores, projects, and meal preparation.

9. Carve out a block of screen-free time for the whole family every day (see, for example, the Family Green Hour in this section).

10. Designate at least one day each week as Family Screen-Free Day. Have fun with any or all of the activities described in Section Five—or think up your own!