



unglue



The Screen Time Starter Kit

Less screen time, more real life — one routine at a time.

Family Media Plan · Phone Contract · 50 Screen-Free Activities

START HERE

You're not failing. The deck is just stacked.

If you've ever bribed, begged, counted down from three, and still ended up prying a tablet out of small hands while everyone cried — this kit is for you. The apps kids love are built by teams whose whole job is to keep them watching. So when “five more minutes” turns into a meltdown, that’s not a character flaw and it’s not bad parenting. It’s a predictable response to something designed to be hard to put down.

The fix isn’t more willpower. It’s a simple shift: **don’t just remove the screen — replace the ritual.** Screen time is usually a reliable way to decompress after school, bridge the gap before dinner, or wind down at night. Swap in a new routine in the same slot, and the fights shrink on their own.

What’s inside

- **Family Media Plan** — decide your screen-free zones, times, and limits together, in one place.
- **Phone Contract** — clear expectations agreed on *before* the device causes friction.
- **50 Screen-Free Activities** — ready-made replacements sorted by age, from toddlers to teens.

How to use it

Don’t overhaul everything at once. Pick the **single worst screen moment** in your day — usually right after school or at bedtime — and fix only that, for one week. Choose one replacement activity, set it out *before* the screen goes off, give a two-minute warning, and stay calm and boring. Expect pushback around day five; that’s the habit protesting before it breaks. Once that slot runs on autopilot, add the next one.

PART 1

Our Family Media Plan

Fill this in together. A plan everyone helped write is a plan everyone is more likely to follow. Revisit it as your kids grow.

Our screen-free zones

Where screens never go — e.g. the dinner table and bedrooms.

Our screen-free times

When screens stay off — e.g. mornings, meals, and the hour before bed.

Daily screen-time goal (per child)

A realistic limit you can hold to, by age.

What we do instead — after school

The replacement ritual for the after-school crash.

What we do instead — before dinner

The replacement ritual for the witching hour.

What we do instead — bedtime

The wind-down that protects sleep.

Content rules

What's allowed, and what we watch or play together.

How we'll handle “five more minutes”

Our agreed response, so we don't re-litigate it daily.

We'll review this plan on

A date to check in and adjust.

PART 2

Our Phone Agreement

This phone is a privilege we share, not a right we hand over. We agree to these together so the expectations are clear from day one. Tick the ones that apply to our family:

- The phone charges **outside the bedroom** overnight.
- **No phones at the dinner table** or during family time.
- Screens go off **at least 30–60 minutes before bed**.
- I'll **ask before downloading** new apps or games.
- Schoolwork and chores come **before** screen time.
- I'll be kind online, and **tell a parent** if anything feels wrong, scary, or confusing.
- Screen time is something I **earn** by doing real things first — moving, helping, or finishing what matters.
- A parent and I can **check in on usage** together, without it being a punishment.
- If the agreement slips, we'll **talk and reset** — the goal is balance, not blame.

Child's signature

Parent's signature

Date

Date

PART 3

50 Screen-Free Activities

Pick one to set out *before* the screen goes off. Keep the materials trivial — the goal is a good-enough default that's easier to reach for than the tablet, not a Pinterest project.

Ages 2–3

- Animal sound hunt with toy animals
- Match the socks game
- Stacking cups & nesting bowls
- Squish & roll play-dough
- Sort objects or stickers by colour
- Pillow & cushion crawl course
- Dance to one favourite song
- Name body parts in a mirror
- Splash play at the kitchen sink
- Board-book story snuggle

Ages 4–5

- Build a blanket fort
- Find 5 leaves / nature hunt
- Be the kitchen helper (wash veggies)
- Cut-and-glue paper collage
- Chalk drawing outside
- Freeze dance
- Simple jigsaw puzzles
- Plant a seed in a cup
- Dress-up & pretend play
- Sort & count the laundry

Ages 6–8

- LEGO build challenge
- Card games (Uno, Go Fish)
- Bike or scooter ride
- Draw a comic strip
- Bake something simple together
- Backyard obstacle course
- Start a rock or sticker collection
- Read a chapter book
- Fold a paper-airplane fleet
- Family board-game round

Ages 9–12

- Learn a card trick or magic
- Cook a real recipe
- Build a model or craft kit
- Bike to a friend's house
- Start a journal or comic
- Learn the basics of an instrument
- Backyard team sport
- Try a DIY science experiment
- Tackle a 500-piece puzzle
- Help plan & cook dinner

Ages 13–17 (not babyish)

- Master one signature dish
- Start a running or workout routine
- Learn an instrument or beat-making
- Go on a photography walk
- Babysit, volunteer, or a part-time job
- Read a novel or audiobook
- Learn a practical skill (sew, fix, build)
- Plan an in-person hangout with friends
- Keep a journal or sketchbook
- Make something: woodwork, paint, model



Make the better choice the easy one

You shouldn't have to out-willpower an app that was built to win. Unglue takes the pressure off you and builds it into the phone itself.

Here's how it works: Unglue blocks the most distracting apps by default. To unlock screen time, you do something real first — drink water, take a walk, finish a habit. Screen time stops being a fight over limits and becomes something **earned by doing something real**. That's the whole idea in this kit, made automatic.

Try Unglue free

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This guide is general information, not medical advice. For concerns about your child's sleep, development, or wellbeing, talk to your pediatrician.