

# *THE SCREEN TIME BALANCE* *Guide*

**A guide to setting healthy screen-time  
boundaries without battles.  
MG Global Coaching Academy**



## **The Screen Time Balance Guide**

### **Practical Tips for Managing Screens & Encouraging Real-World Activities MG Global Coaching Academy**

#### **Why Screen Time Balance Matters**

Technology is a part of modern life, but too much screen time can impact a Child's sleep, focus, and emotional well-being. Finding balance allows children to enjoy technology **\*\*without it replacing real-world experiences\*\*** and relationships.

#### **Signs Your Child May Need Less Screen Time**

Struggles with focus, restlessness, or mood swings after screen use.

Has difficulty sleeping or winding down at night.

Prefers screens over outdoor play or social interaction.

Becomes irritable or anxious when screen time is over.

Screen time conflicts cause tension at home.

#### **Healthy Screen Time Guidelines**

##### **Set Time Limits**

Define clear boundaries for screen use (e.g., 1-2 hours per day for non-school activities).

##### **No Screens Before Bed**

##### **Avoid screens**

1 hour before sleep to support rest.

##### **Make Screens a Reward, Not a Habit**

Encourage screen time **\*\*after\*\*** real-world play, homework, or chores.

##### **Co-Watch When Possible**

Engage in screen activities together rather than using screens as a babysitter.

##### **Use Screens for Learning**

Encourage creative or educational apps instead of passive consumption.

## Fun Non-Screen Alternatives

### Creative Play

Drawing, painting, or storytelling.

### Outdoor Fun

Walks, scavenger hunts, or nature exploration.

Board Games & Puzzles\*\* Interactive family time.

Reading Together\*\* Encouraging books over screens.

### Imaginative Play

Role-playing games, building forts, or dressing up.

## How to Set Screen Time Rules Without Battles

### Create a Family Screen Time Agreement

Set clear expectations together.

### Give Warnings Before Screen Time Ends

You have 5 minutes left, then its time to turn it off.

### Model Healthy Screen Use

If parents are always on their phones, kids will mirror the behavior.

### Offer a Fun Alternative

"Lets play outside after this!" rather than just saying "No more screens."

Final Words of Encouragement Balancing screen time isnt about eliminating itits about **\*\*teaching mindful use\*\***. Small changes can help your child build healthy habits for life. If you need further guidance, MG Global Coaching Academy is here to support you