

SCREEN FREE @ HOME IDEAS



If your kids are like my kids, screens have a way of capturing their attention. Screens draw them in, and they focus so intently on the content that is being presented that they can sometimes feel as if they aren't even present. No doubt our children can feel this same experience when we focus on our own screens. In a time where our homes are inundated with the latest technology, screens are seemingly everywhere from our wrists to our digital picture frames, and these screens are affecting us. From the content that we are letting into our minds to the relationships that we aren't giving our full attention to, there are some unhealthy habits that can creep into our homes involving screens. This guide is designed to help you combat some of these unhealthy habits that can evolve from engaging in too much screen time in the home.

Designate Screen Free Zones and Times (Disconnect to Connect):

Decide as a family which screen free zones and times you will keep together or write your own.

- Mealtime:** Breakfast, Lunch, Dinner (Dinner Table)
- Drivetime:** Traveling short distances is a perfect time for discussion (In The Car)
- Family Time**
- Bed Time:** Not only does blue light effect sleep, but devices in bed can evolve into unhealthy habits (ignoring your wife or staying up to late).
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Apps for Monitoring Screen Time:

- **Forcefield:** This app gives parents the ability to remotely disable children's apps, block inappropriate content and monitor your kids' internet usage information (including location, time and duration) across devices.
- **Norton Online Family:** This parental-control filter shows sites your kids visit, provides app supervision and blocks inappropriate sites.
- **Net Nanny:** This parental-control filter blocks unwanted apps, filters content and allows parents to monitor children's web usage.
- **Qustodio:** This cross-platform (Windows, iOS, Android, Nook, Kindle) program provides content filtering, app blocking and an online activity log.
- **Covenant Eyes:** This accountability and filtering software sends a report of your internet activity to an individual you select. It's especially targeted at helping users to "live porn free."

Screen Free Play Ideas

Choose from these activities that your family might enjoy doing together for real connection. Let the screen-free fun begin!

- Read a book
- Play a game
- Cook together
- Ride bikes
- Do a puzzle
- Blow bubbles
- Paint a picture
- Plant a garden
- Go camping in your back yard.
- Play sports
- Build a fort
- Fly a kite
- Write a letter to family or a friend far away
- Make instruments and have a parade
- Make puppets and have a puppet show
- Have an ice cream sundae party
- Create art with sidewalk chalk
- Make up stories
- Do a craft
- Bake cookies and take to a neighbor or friend
- Learn a new Bible verse
- Dress up in costumes
- Redecorate something in your home
- Volunteer to serve together
- Have a tea party
- Make something with play-dough
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