CHILDHOOD RECONNECTED

THE FREE SCREEN-TO-PLAY STARTER KIT

A calmer way to end screen time and begin something better

TRY THIS TONIGHT

Don't just remove the screen. Prepare the next step.

Children often struggle when a highly engaging activity ends and nothing is ready to replace it. This four-step transition gives them a predictable ending, a small choice and help getting started.

1 PAUSE

End predictably.

Give a five-minute warning. Stop at the agreed point and avoid reopening the decision.

2 PICK

Offer a bounded choice.

Let your child choose from the prepared Screen-to-Play board on page 2.

3 PLAY

Help launch.

Spend a few minutes getting the activity started when needed; then step back.

4 PROGRESS

Build independence.

Over time, reduce your help as your child learns to choose, start and continue alone.

THE TRANSITION SCRIPT

"Five minutes left. When the timer ends, the tablet parks for the evening. Then you can pick MOVE, MAKE, READ or THINK from your board."

A 10-MINUTE FIRST WIN

- [ ] Choose where devices will park.
- [ ] Show your child the choice board before screen time ends.
- [ ] Give the warning, use the script and let your child pick.

Aim for calm consistency, not perfection. Some protest is normal when a familiar routine changes.

MY SCREEN-TO-PLAY CHOICE BOARD

When screen time ends, pick one. Start small. Play your way.

Circle today's choices or write in your own idea.

MOVE — Get active

Balloon volleyball • dance freeze • obstacle course • hallway bowling

My idea:

MAKE — Create it

Paper airplanes • cardboard town • blanket fort • recycled invention

My idea:

IMAGINE — Pretend

Restaurant • veterinarian • explorer camp • rescue mission

My idea:

READ — Choose a story

Comic corner • read to a toy • flashlight reading • fact-book hunt

My idea:

STORY — Tell it

Finish the story • family memory • three random things • character cards

My idea:

THINK — Solve it

Dominoes • cards • checkers • puzzle • riddle • memory tray

My idea:

HELP — Do a real job

Cook • sort laundry • water plants • organize a shelf • set the table

My idea:

EXPLORE — Notice more

Nature hunt • cloud watch • bug search • neighborhood map

My idea:

BEFORE ASKING FOR A SCREEN, TRY THREE

- ☐ Move for 10 minutes
- ☐ Make or build something
- ☐ Read something you chose
- ☐ Go outside
- ☐ Help with a real job
- ☐ Do nothing for five minutes

Continue with the complete Childhood Reconnected 14-Day Screen-to-Play Method.
Parent guide • family agreement • reset plan • trackers • activities • reading and storytelling tools