

YOUR PERSONAL ACTION BOOK

Parenting Screens Reset

Stop fighting the device and rebuild the routines screens keep stealing.



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Your 90 days at a glance

Every goal and its checkpoints on one timeline — so you can see how the next 90 days fit together, not as separate plans.

DAY 30

Family. Wrote a one-week family media agreement with screen-free places or times

Family. Used a pause-and-breathe response for two weeks of triggers

DAY 60

Family. Ran seven days of a warning + stop rule + landing activity for the hardest transition

Family. Held a daily one-on-one connection moment with each kid for a month

DAY 90

Family. Protected bedtime or morning routine from phones most days for a month

Family. Reacting calmly in most of the moments that used to set me off

MID-POINT CHECK-IN · AROUND DAY 45

Halfway through, take five minutes and answer these honestly:

1. **What's actually working?** Do more of it.
2. **What's not?** Shrink it until it's easy, or drop it.
3. **What's the one thing** you'll fix for the second half?

Reset family screens and routines

Install a short media agreement, protect sleep and transitions, and rebuild one daily routine that does not fight the device.

THE CHALLENGE

Screens and routines keep derailing family life

WHY IT MATTERS

Screens win by default unless sleep, school, and family time have a visible plan.

HOW THE PLAN UNFOLDS

- | | |
|------------------|--|
| Week 1 | Do your first actions and start your keystone habits. The only goal this week is to begin. |
| Weeks 2–4 | Make the routine automatic and repeatable, working toward: Wrote a one-week family media agreement with screen-free places or times. |
| Month 2–3 | Turn the routine into a result you can point to, working toward: Protected bedtime or morning routine from phones most days for a month. |

MILESTONES

- DAY 30** Wrote a one-week family media agreement with screen-free places or times
- DAY 60** Ran seven days of a warning + stop rule + landing activity for the hardest transition
- DAY 90** Protected bedtime or morning routine from phones most days for a month

KEYSTONE HABITS

Warn before stop

Before a screen session ends, I will give a clear warning and name the landing activity.

Charge outside bedrooms

At wind-down time, I will put family devices on the charging home.

Adult screen boundary

During protected family block, I will keep my phone away so the rule is visible.

YOUR FIRST ACTIONS

☐ **Pick one friction point**

Choose the worst screen fight: morning, homework, dinner, or bedtime — not all four.

☐ **Write a one-week media agreement**

Screen-free places/times, content basics, and the stop rule before the next session.

☐ **Design the transition**

Warning, visible endpoint, and a planned landing activity so stop is not a cliff.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Warn before stop

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Charge outside bedrooms

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Adult screen boundary

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IF-THEN PLAN

When stopping screens becomes a meltdown, **then** I warn early, point to the clock, and start the landing activity myself.

When rules feel vague again, **then** I rewrite the one-week agreement on paper and post it where we fight.

When I catch myself scrolling during family time, **then** I put the phone on the charging home and stay in the room.

Be a calmer, steadier parent

Catch yourself before you snap and respond instead of react.

THE CHALLENGE

I lose my patience with my kids

WHY IT MATTERS

The calm you bring is the emotional climate your kids grow up in.

HOW THE PLAN UNFOLDS

Week 1 Do your first actions and start your keystone habits. The only goal this week is to begin.

Weeks 2–4 Make the routine automatic and repeatable, working toward: Used a pause-and-breathe response for two weeks of triggers.

Month 2–3 Turn the routine into a result you can point to, working toward: Reacting calmly in most of the moments that used to set me off.

MILESTONES

DAY 30 Used a pause-and-breathe response for two weeks of triggers

DAY 60 Held a daily one-on-one connection moment with each kid for a month

DAY 90 Reacting calmly in most of the moments that used to set me off

KEYSTONE HABITS

Pause before reacting

When I feel my patience snap, I will take one slow breath before I respond.

Daily connection moment

After school or before bed, I will give each kid a few minutes of full attention.

Repair after a rupture

After I lose my temper, I will circle back and reconnect calmly.

YOUR FIRST ACTIONS

☐ **Name your triggers**

Notice the moments that reliably set you off so you can see them coming.

☐ **Pick one calm response**

Decide in advance what you'll do instead of yelling — a breath, a step back.

☐ **Protect your own basics**

Guard sleep and a short break so you're not parenting on empty.

TRACK IT · FIRST TWO WEEKS

Check a box each day you do the habit. Copy it for the weeks after.

Pause before reacting

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Daily connection moment

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Repair after a rupture

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IF-THEN PLAN

When I feel the anger rising, **then** I take one breath and lower my voice instead of raising it.

When I feel guilty after snapping, **then** I repair with my kid and move on instead of spiraling.

When I don't know what to do instead, **then** I get down to their level and name what they're feeling.