# Grades K–2



BEFORE YOU CHANGE ANYTHING

## Attention is built long before a screen appears

**The habits start now, not later.** At this age screens are not something he negotiates with you. What you set in the next few years is what he will think of as normal.

**Screens are not the lever.** Conversation, play, books, and outdoor time are what build the capacity to focus. The settings below only protect the room for them.

And it will change. As he gets older, a rule handed down stops working and a rule he helped set holds. Starting that habit early, in small ways, is what makes the later years easier.

TRY THIS

### The house YOUR WIFI

*The network, not the device. Pause it and everything on the wifi stops together.*

WHY IT MATTERS

Children aged 5 to 8 average 3 hours 38 minutes a day, well above what research supports. Screen-free meals, mornings, and bedtimes are the highest-leverage habits at this age, and far easier to set now than to claw back later.

TRY THIS

- Make a profile for the family's shared devices
- Schedule a pause covering dinner and the hour before bed
- Put the TV and the tablet on the same schedule

*Covers every device on your wifi. Misses anything on cellular data.*

### The school account BROWNING.EDU · GOGUARDIAN PARENT

*Follows the login, not the laptop. Browning filters it, and you can see it.*

WHY IT MATTERS

At school, devices are shared, supervised, and brief. The habit that transfers home is the same one: he uses the internet when a grown-up is nearby, not alone in another room.

TRY THIS

- Install GoGuardian Parent, sign in with the email Browning has on file
- Use it sitting beside him, not to check up afterward

*Covers schoolwork on the Browning account. Misses the machine itself, since this follows the login.*

### The personal account FAMILY APPLE ID · SCREEN TIME

*His Apple ID or Google account. This is what Downtime, limits, and app approvals attach to.*

WHY IT MATTERS

Nearly one in four children have a phone by age 8, and most experts say wait. Shared family devices in common spaces beat personal ones, and every major platform requires users to be 13.

TRY THIS

- No smartphone. A basic call-only device if you need one
- Set a time limit on the family tablet
- Keep screens in shared spaces, never his bedroom

*Covers the family's shared devices. Nothing is his alone yet, which is the advantage of this age.*

WHAT NONE OF IT SOLVES

Settings buy you a structure. They do not have the conversation. Here is how to open it, before you change anything.

**Say what is changing, and why**
*"The wifi goes off at nine thirty on school nights. Not because I caught you at something. Because I want you to sleep."*

**Agree in advance on exceptions**
*"Ask me before, not after."*

**Let him argue, and mean it**
*"Tell me what you would set instead, and why. If it is reasonable, we will use yours."*

**Then write it down**
Turn this page over, read it with him, change what does not fit, and sign it.

Sources: American Academy of Pediatrics screen guidance · Common Sense Media · Browning Reclaiming Focus Initiative

FAMILY MEDIA AGREEMENT

# Grades K–2

Foundations of Attention & Curiosity
focus.browning.edu

**Mark this page up. Connect:** what already describes your household. **Extend:** what would stretch it further. **Challenge:** what does not work, or is missing.

## Take Care

- I will be gentle with shared classroom devices and tell a grown-up if something breaks.
- I know devices in our home belong to our family, not just to me.
- I will put devices back where they belong when I'm done.

## Stay Safe

- I will only use the internet when a parent or teacher is nearby.
- I will not share my name, photo, or address with anyone online.
- I will tell a grown-up right away if something I see online scares me or makes me feel weird.
- I know some things online are not real — I will ask a grown-up to help me understand.

## Think First

- I will not say anything online that I wouldn't say to someone's face.
- I know that things on the internet can be made up — not everything is true.
- I understand that AI makes pictures, videos, and voices that aren't real.

## Stay Balanced

- When the screen time is over, I will stop without a big fight.
- I will play outside, read, draw, or use my imagination every day.
- I will not use a device first thing in the morning or right before bed.
- Screens stay in shared spaces — not in my bedroom.

## Communicate Openly

- I will tell a parent what I watched or played on a screen.
- I will ask before using any device.
- If anything online makes me feel upset or confused, I will tell a grown-up.

## Connecting Screen Commitment

- We will watch one show or film together as a family each week — chosen by all of us.
- Screen time in our house is something we do together, not alone in a room.
- After we watch something together, we'll talk about it.

## In exchange, our family agrees to

- To watch with him as often as we can.
- To make sure he has plenty of non-screen options he loves — toys, games, outdoor time.
- To put our own phones away during meals and playtime.
- To keep screens in shared spaces — not in his bedroom.
- To talk with him about what he sees online rather than panic.
- To model the screen habits we want him to build.

## Isolating screen warning signs — watch for these

- He reaches for a screen every time he is bored or upset — it has become his emotion regulator.
- He chooses screens over play or people when given a free choice.
- He cannot stop without a major meltdown.
- He is watching others play games rather than playing himself.

**Tell us what you changed**
Scan to send your Connect, Extend, and Challenge notes. Nothing attributable to a student or a household leaves the room.

Student signature & date

Parent or guardian signature & date

Revisit: Each September and any time a new device enters the home

Drafted with AI assistance, then reviewed and edited by Browning faculty and staff. Developed and revised with our community over the past year.