

**FOR THE PEOPLE.**

**SCREEN-BASED ADDICTION™**

# PARENT PLEDGE

I pledge to limit screen time to protect my child's development, well-being, and future. Every moment away from the screen is an opportunity to strengthen our connection.

**When the screen goes off, I'll show up.**

## **I WILL USE THIS TIME TO:**

- **ENGAGE** — be present and connect.
- **TEACH** — share something new, big or small.
- **LAUGH** — tell a joke, play, and make memories.
- **LISTEN** — give my child space to talk without rushing to fix it.
- **ACKNOWLEDGE** — let them know their feelings are real and matter.
- **SUPPORT** — remind them they never have to navigate life alone.

**I choose presence.**  
**I choose patience.**  
**I choose purpose.**

Parent/Caregiver: \_\_\_\_\_

Date: \_\_\_\_\_