



Mindsoother Therapy Center

Livingston, NJ

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DEVICE CURFEWS

All families are different, but deciding when all devices are turned off for the night is a great addition to a Family Media Use Plan. It prevents kids from staying up late on their phones or laptops. Setting the curfew at least an hour before bedtime can help children fall asleep faster, without stimulating screens.

Devices will charge overnight in:

✓ Parent's Bedroom

- By charging devices in the parent's bedroom, parents can keep track of their kids' devices and make sure that they aren't in use during the night.



✓ Kitchen

- Keep devices charging in a room separate from where the children sleep. It blocks kids' urges to check their phone or tablet as they try to fall asleep.