



Family Screen-Time Agreement — Fillable Template

Arguments before turning off the iPad aren't unusual. This agreement makes the rules binding for everyone — adults included.

HuggleTales-Tip: HuggleTales Kids Mode: PIN protected, screen-time limit, no ads — exactly what belongs in your contract.

Recommended Screen Time by Age

- ☐ Ages 2-4: max 30 min/day, never as a reward
- ☐ Ages 5-7: max 45 min/day
- ☐ Ages 8-12: max 60 min/day
- ☐ Ages 13+: max 2 hrs/day outside school hours
- ☐ Weekend bonus: +30 min extra as an option

Fairness

Parents must stick to the rules too — no 'not me, you' rule.

Fill in & Sign Together

- ☐ We, the family _____, agree to:
- ☐ Weekdays (Mon-Fri): _____ min per child
- ☐ Weekends (Sat-Sun): _____ min per child
- ☐ Allowed apps / content: _____
- ☐ Not allowed: _____
- ☐ Consequence if exceeded: _____
- ☐ Child's signature: _____ Date: _____
- ☐ Parent signature: _____ Date: _____

Tip

Print and stick it on the fridge — visible to everyone.

5 Everyday Safety Rules

- ☐ No screens 30 min before bed
- ☐ Plan screen time together (movie night, not solo scrolling)
- ☐ No unlocked devices in children's bedrooms
- ☐ If something feels wrong → tell an adult immediately
- ☐ One 'screen-free hour' together every week

If this checklist helps: check out **HuggleTales** – the app for personalised bedtime stories with your own voice. Your first story is free. For iOS & Android.