

10-DAY PLAN TO REDUCE SCREEN TIME IN A REAL & REPEATABLE WAY



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Most mothers go through this.

**Screen time starts as a habit... then becomes a need... and finally a
struggle. Being a mother, I can totally understand you. You're not
alone.**

But here's what I know from helping a lot of mothers just like you:

- **Every child wants to feel connected more than they want a screen**
- **Every habit can be reconditioned — gently and steadily**
- **Every parent can create lasting change — with the right rhythm**

**This 10-day is powerful, practical, and possible if done the correctly.
Let's begin.**

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The Rhythm That Works

To reduce screen time, we don't go cold turkey.

We recondition the brain — through patterns, connection, and simple changes that add up.

Here's the 10-Day Rhythm:

- Day 1 → Shift 1
- Day 2 → Shift 2
- Day 3 → Shift 3
- Day 4 → Rest
- Day 5 → Rest
- Day 6 → Repeat Shift 1
- Day 7 → Repeat Shift 2
- Day 8 → Repeat Shift 3
- Day 9 → Rest
- Day 10 → Rest

Repeat this rhythm again and again.

The more consistent you are, the more your child will respond — calmly and naturally.

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SHIFT 1: 10-Minute Listening Time

This shift builds real connection — the kind that helps your child trust you, listen to you, and even let go of the screen without a fight.

Choose a time that works best:

Use nighttime if your home is calmer after dinner

Or split it — 5 minutes in the morning + 5 minutes at night

1. Sit close. Keep distractions away. And say:

- “I’m here. You can tell me anything. How are you feeling today?”

2. Let this be the time where you gently explore:

- What makes screen time hard to stop
- Why they get upset when you turn off the TV or take the mobile
- What feelings come up when screen time ends

3. Don’t ask too many questions. Instead:

- Share your own stories
- Give simple examples
- Say things like “Sometimes I also feel upset when someone tells me to stop something I enjoy...”

This kind of sharing builds emotional safety.

And when your bond gets stronger, your influence becomes deeper.

Your child won’t just hear you — they’ll feel you.

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SHIFT 2: Build a Power Routine

As a Montessori trainer, I've seen this work again and again:

- ☞ Children love order
- ☞ Order brings calm
- ☞ Calm reduces the craving for screens

A strong routine gives your child a clear, safe rhythm they can rely on.

What to do:

- Add 2–3 screen-free routines in the day
- Keep them fun, flexible, and repeated

Examples:

- Brushing with a silly rhyme and hug
- Snack time on a mat like a picnic
- Music + dance time after nap
- If your child watches TV, don't remove it all of a sudden.
- That usually leads to pushback.
- Instead, include it in your routine. For example:

“We'll watch TV from 5 to 5:30 — and then it's dinner time.”

Once your day feels more settled, you'll notice the screen no longer feels like a lifeline — just another part of the day, not the highlight of it.

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SHIFT 3: Give One Real Job a Day

Children often reach for screens when they feel bored — or disconnected from real life.

Here's the truth:

Screens give them a fake sense of control.

But real jobs give them real purpose.

And as my mentor once said:

“You don’t fight darkness. You just turn on the light.”

So instead of telling them to stop watching, give them something meaningful to do.

Simple daily jobs:

- Fill their own water bottle
- Water a plant
- Fold two towels
- Feed the pet
- Let them do it their way — even if it's messy.
- Praise the effort, not the result.

This builds pride, responsibility, and a healthy relationship with the real world — making the screen feel far less exciting in comparison.

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Let Them Be Bored

If your child says, **“I’m bored...”**

Let that be okay.

Please don’t jump in with **“Here, take my phone.”**

Because the moment you do, you’re teaching their brain to avoid discomfort — not deal with it.

Boredom is not bad.

Boredom is the birthplace of imagination, creativity, and self-discovery.

Let them sit with it.

Within a few minutes, they’ll find a new game, a silly idea, or a question to ask.

Let the pause happen — it’s powerful.

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Quick Recap of the Plan:

- Day 1 & 6: 10-Minute Listening Time
- Day 2 & 7: Power Routine
- Day 3 & 8: One Real Job
- Day 4-5 & 9-10: Rest, Observe, and Reflect

Follow this rhythm for a few weeks — and observe.

You'll start seeing:

- ✓ Less screen demand
- ✓ More real connection
- ✓ A child who actually looks forward to being part of real life

Want Help Making This Work?

You've now got everything you need to start. And now you have two ways forward:

You can read this, feel inspired, and let it sit on your phone...

Or

You can start using it today — and see what changes for your child, and for you.

And if you ever feel stuck, confused, or unsure —

You don't have to do it alone. Together, we'll make screen-free life easier, lighter, and more connected — in a way that works for your home.



**Click here to book your
Parenting Support Session.**