

Back to School

Family Media Planning

Last year

1. Am I satisfied or dissatisfied with the amount of TV or screens the children used?
2. Am I satisfied or dissatisfied with the amount of TV or screens I used?
3. What's one thing I can do that will reduce a problem with media we had last year?

This year

1. How important *is* TV and Screen use to me and our family?
2. If I'm reducing screen time what is the plan?
3. Which stations, channels are okay to surf?
4. Have we talked about boundaries online, on screens or the TV with the family especially with each child?
5. How am I modeling screen use and talking about the **good** and the **bad** side of screens?
6. List any programs or channels you want to do with the children?
7. How will I teach online safety? When and where will that happen throughout the year?

