

BOUNDARY PLAN

Area of Concern

Problem	Possible root cause	Solution

Possible Obstacles

Obstacle	Solution

Check-in Schedule

Date	Goal	Outcome

Rewards

Milestone	Reward

Consequences

Condition	Consequence

This form is designed to help parents and children collaboratively set boundaries around screen time. It is intended to open communication between both parties, allowing for structured goal-setting, problem-solving, and check-ins to ensure progress. The manual below will guide you through each section of the form, providing examples and tips to fill it out effectively.

1. Area of Concern

Problem:

In this section, you and your child should clearly define the behavior or issue related to screen time that needs improvement. The goal is to pinpoint a specific problem that screen use may contribute to.

Example:

"Waking up late and tired in the morning, leading to a lack of focus in school."

Possible Root Cause:

Together, discuss why this issue is happening. Explore potential root causes by brainstorming and being open with each other. This will help in finding a suitable solution.

Example:

"Going to bed late because homework isn't finished."

"Playing games or watching videos before homework or study time."

Solution:

In this section, parent and child should agree on a clear, actionable solution to the identified problem. This solution should be achievable, specific, and aimed at resolving the root cause.

Example Solution:

"Complete all homework assignments before playing games or watching videos."

"Turn off screens one hour before bedtime to promote better sleep habits."

2. Possible Obstacles

Obstacle:

Work together to identify any challenges or obstacles that may arise while trying to implement the solution. Make a list of possible obstacles and prioritize them from the most significant to the least.

Example:

"Not enough time to finish homework due to after-school activities."

"Temptation to use the phone or gaming console even when it's not allowed."

Solution:

Once obstacles are listed, brainstorm practical ways to overcome them. Ensure these solutions are realistic and achievable for your child.

Example:

"Set a daily schedule to complete homework right after coming home."

"Create a reward system for staying on track and avoiding screen time before tasks are done."

3. Check-in Schedule

Date:

Plan regular check-ins to review your child's progress. Set specific dates for these check-ins, either weekly or bi-weekly, depending on your family's schedule. It's important to stick to these dates to maintain consistency.

Example:

Check-ins could be every Sunday evening to assess the progress over the week.

Outcome:

Leave this section blank until your scheduled check-ins. At each check-in, document whether your child has met the goals and what has contributed to their success or struggles.

4. Rewards

Refer to Chapter 10 (if applicable) for our recommendation for rewards. These should be clearly defined and tied to milestones your child can achieve.

Example:

"If all homework is completed before screen time for five consecutive days, I will take you and two friends to mini-golf."

"If bedtime rules are followed consistently for two weeks, get a special movie night."

5. Consequences

Consequences should also be discussed as per Chapter 10. These consequences need to be directly related to screen time and enforceable. Ensure they are proportional to the boundary violation and clearly understood by your child.

Example:

"Lose gaming privileges for 24 hours if screens are not turned off on time."

"Move bedtime 30 minutes earlier if they fail to wake up for school without assistance."

Additional Tips:

Be sure to involve your child in every step of the process. The more ownership they take, the more likely they respect the boundaries.

Stay firm but flexible. Stick to the plan unless something significant arises that requires an adjustment.

Regularly review and adjust the plan as necessary to ensure it continues to meet your child's needs and is still effective.