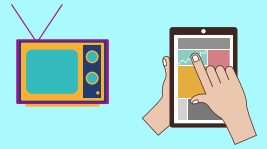


## HOW TO REPLACE YOUR CHILD'S SCREEN TIME



A System to Promote Independent Play

### ENGAGE YOUR CHILD

#### **Build confidence to promote independence**

Begin by giving your child 1-1 undivided attention. Play, read, cook, or do simple chores together. Show your love by spending time together. Giving your child this devoted attention will enable him or her to feel more comfortable with solo or independent play.

### BRING OUT THE TOYS

#### **Set aside favorite toys for independent play time**

Create a bin, basket, or box that contain some of your child's favorite toys. Break out this special collection when you need to accomplish a task. Keep your child in view while he or she is playing and keep him or her in a safe and secure area of the house while you are getting things done. Safety is most important.

### TRACK THE TIME

#### **Time flies when you're having fun**

Set a timer to track how long your child has been playing. This will also keep you on task and increase your efficiency. Toddlers have short attention spans. Their ability to remain focused grows as they age. How much time do you think your child can safely entertain or play by him or herself? You may be surprised!

### CHECK IN

#### **Praise your child for playing solo**

Periodically, pop in to see how and what your child is doing. Praise him or her for playing!

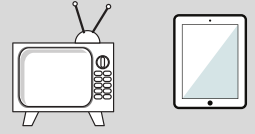
### REASSESS

#### **Stretch the solo play, briefly join in, redirect, or do something else - make screens a last resort**

If your little one is still happily playing, let him or her play and continue about your work. If he or she is getting antsy, then re-engage your child. After you have given another dose of love and attention, then determine what you should do based on the rest of the day. The point of devising a system like this will allow you a few moments to yourself while also developing your child's ability to independently play without relying on screens.



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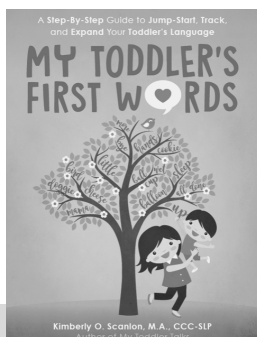
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# About Kimberly Scanlon



I'm Kimberly Scanlon, a speech-language pathologist with over a decade of experience, an author of books to empower readers to facilitate language development, wife to a magnificent Renaissance man, and a mother of two adorable children. I'm also a coffee drinker, book reader, gratitude seeker, and collector of quotes. You'll see some of my favorites sprinkled throughout my books and this site. When I'm not working or writing or running my household or trying to stay organized or picking up crumbs and wrappers in the backseat of my car, I take a deep breath and pause for a moment. Life is good even with the bumps in the road.

"Change your thoughts and you  
change your world."  
- Norman Vincent Peale

Come see me at [www.mytoddlertalks.com](http://www.mytoddlertalks.com) or [www.scanlonspeech.com](http://www.scanlonspeech.com)

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