

Set the minutes for 15-60 minutes per coupon, depending on the age of the child. Give out coupons on a daily or weekly basis. No screen time under 2 years, less than 1 to 2 hours a day for others. How about none on school nights!

SCREEN TIME COUPON

FOR: _____

Worth _____ minutes of
screen time*



*TV, computer, video games, iPad, cell games

SCREEN TIME COUPON

FOR: _____

Worth _____ minutes of
screen time*



*TV, computer, video games, iPad, cell games

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screen time*



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screen time*



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SCREEN TIME COUPON

FOR: _____

Worth _____ minutes of
screen time*



*TV, computer, video games, iPad, cell games

SCREEN TIME COUPON

FOR: _____

Worth _____ minutes of
screen time*



*TV, computer, video games, iPad, cell games