

Frequently Asked Questions

Questions our top students asked before enrolling in Screen Smart Parenting

→ **Will a Family Screen Time Schedule actually work for my family?**

Absolutely! Implementing a family screen time schedule is one of the most effective ways to create a harmonious and balanced screen time environment for your family. While it may feel challenging at first, the positive impact it will have on your parenting experience, your child's healthy development, and your family dynamics is truly remarkable. By setting clear boundaries and limits, you will notice improved communication, reduced conflict, and increased quality time spent together. Your child will develop healthier digital habits, improved self-regulation skills, and a greater appreciation for alternative activities. Ultimately, the family screen time schedule will become a valuable tool in fostering a more connected, engaged, and fulfilling family life. Embrace this opportunity to transform your family's relationship with screens and to create a positive and sustainable screen time routine.

→ **I'm worried that enforcing a screen time schedule will create conflict and tantrums. How can Screen Smart Parenting help with this?**

I understand your concerns about potential conflict and tantrums when implementing a screen time schedule. That's why I've created The Screen Time Boundaries Communication Guide to offer as a bonus to the Screen Smart Parenting Masterclass. This comprehensive guide provides you with effective strategies and scripts to set you up for success when introducing the new Family Screen Time Schedule to your family. You'll learn how to communicate the boundaries and limits in a positive and constructive way, reducing resistance and tantrums. With our proven techniques, you can foster a more cooperative and understanding environment, ensuring a smoother transition to a balanced screen time routine. Rest assured, I'm here to support you every step of the way in creating a harmonious and peaceful screen time experience for your family.

→ **I'm already overwhelmed with all my responsibilities as a parent. Do I really need to add monitoring screen time to my plate?**

I completely understand how overwhelming parenting can be, and I commend you for prioritizing your child's well-being. While it may seem like just another task to add to your already full plate, monitoring screen time is crucial for your child's healthy development. Research has shown that excessive screen time can have negative effects on children's physical, mental, and social well-being. By taking an active role in managing your child's screen time, you are teaching them valuable skills of balance and moderation that they may not naturally develop on their own. With the Screen Smart Parenting Masterclass, I provide you with the knowledge, strategies, and support to confidently navigate the digital landscape and create a harmonious and balanced screen time environment for your family. You don't have to do it alone - I'm here to guide you every step of the way. Enroll in Screen Smart Parenting to invest in your child's healthy relationship with screens.

→ **Do you offer a money-back guarantee?**

Absolutely! I want you to make a commitment to completing the lessons and following the plan to develop your Family Screen Time Schedule. However, if you do the work, and you show me that you did all the work, within 30 days of enrolling, I will give you a refund, no questions asked.

→ I'm not sure where to start or how to create an effective screen time schedule. Can Screen Smart Parenting help with this?

Absolutely! I understand that creating a screen time schedule can feel overwhelming, especially if you're unsure where to begin. That's why Screen Smart Parenting is here to guide you every step of the way. Our Masterclass provides a comprehensive, step-by-step approach to developing a Family Screen Time Schedule that works best for your unique family dynamics. As part of your enrollment bonus, you will receive The Screen Time Routine Planner handout and The Personalized Screen Time Schedule Template. These essential tools will serve as a roadmap, helping you navigate the process with ease and confidence. Whether you're starting from scratch or looking to refine your existing schedule, I've got you covered. Join us on this transformative journey and create a balanced and harmonious screen time routine for your family today.

→ Why should I choose Screen Smart Parenting over other screen time courses?

The Screen Smart Parenting Masterclass stands out from other screen time courses because it goes beyond simply providing information. I'm passionate about educating and empowering parents to take control of their family's screen time. My course is designed to motivate you and give you the tools and knowledge you need to develop a customized Family Screen Time Schedule that works specifically for your unique family. What sets my program apart is the flexibility it offers. I understand that every family is different, with different needs and preferences when it comes to screen time. That's why I provide various strategies and techniques, allowing you to adapt and customize your chosen screen time protocols in a way that is effective and manageable for your family. There's no pressure or judgment - just supportive guidance. By enrolling in the Screen Smart Parenting Masterclass, you can feel confident knowing that you're not just receiving generic advice. You'll receive step-by-step guidance, personalized support, and the knowledge to create a harmonious and balanced screen time routine that suits your family's needs. Join me on this journey and unlock the potential for a healthier and more balanced relationship with screens for your family.

→ Can you remind me of everything I'm getting when I sign up today?

1. *Four Training Lessons:* You'll gain access to four comprehensive training lessons that cover everything from strategizing screen time to adapting your approach across different age groups. Each lesson includes video lessons, audio versions for on-the-go learning, and downloadable PDFs to support you every step of the way.

2. *Valuable Bonuses:* As a bonus, you'll receive four additional resources to enhance your learning experience. The Screen FreeActivity Pack is filled with engaging and screen-free activities for the whole family. The Screen Time Boundaries Communication Guide provides you with strategies and scripts to effectively communicate screen time boundaries to your children. The ScreenTime Routine Planner helps you create a structured and balanced screen time routine, while the Personalized Screen Time Schedule Template guides you through the process of developing a customized schedule for your unique family.

3. *Social Media Savvy Bonus Lesson:* For a limited time, you'll also receive the Social Media Savvy bonus lesson as part of your purchase. This lesson dives deep into navigating the world of social media with your child and equips you with the knowledge and tools to ensure their safety and well-being in the digital landscape.

By enrolling today, you'll have access to a comprehensive program and valuable resources that will empower you to become a screen-smart parent and create a healthy and balanced screen time environment for your family. Don't miss out on this incredible opportunity to transform your family's relationship with screens.