

Quiz: does your child have too much screen time?

These simple questions can help determine whether or not screen time is harming your child's overall health. Give a score to each question using the following ratings:

0 = Never or rarely true

1 = Occasionally true

2 = Usually true

3 = Always true

- ___ Your child is upset when you ask him to stop his screen activity to come to dinner or another activity.
- ___ Your child asks you to buy a digital device such as an iPod after you have already said no.
- ___ Your child has trouble completing his homework because he is busy watching television or playing video games.
- ___ Your child refuses to help with chores around the house, choosing instead to play with screens.
- ___ Your child asks to play a video game or other screen-related activity after you have said no.
- ___ Your child does not get sixty minutes of physical activity each day.
- ___ Your child does not give frequent eye contact to others in the home.
- ___ Your child would rather play video games than go outside to play with friends.
- ___ Your child doesn't really enjoy anything that does not involve screens.
- ___ If you restricted all screen use for one day, your child would be irritable and whiny.

If your child scores:

10 or below: Your child does not appear to have too much screen time.

He seems able to exercise appropriate control and boundaries.

11–20: Your child may be depending on screen time too much. You will want to monitor screen time more judiciously and watch for growing reliance upon screens.

21–30: Your child may be addicted to screens. You may want to meet with a counselor, pastor, or parent you respect for advice.

Look for these and many other helpful resources at

www.5lovelanguages.com.

Drills for Grown-Up Social Success, six interactive scenarios to help you build your child’s confidence in courtesies and social interaction.

25 Common Courtesies for Kids, a quick list to help you shape goals and expectations for your child’s behavior.

The Love Languages Mystery Game to help you determine your child’s primary love language.

50 Table Talk Questions for Your Family, a guide to fresh and lively conversations at family mealtimes.