

Family Media Plan



Media is everywhere in today's world, and managing it can be challenging for families. Creating a [Family Media Plan](#) can help you and your children set priorities that align with your family's values and busy lifestyle. This plan is flexible and can be revised as often as needed—whether at the start of a new school year, during summer, or before holiday breaks. Start by selecting a few priorities that motivate you the most.

You can come back to the [Family Media Plan](#) to add more goals or adjust for weekends and vacations. Involving your children in the decision-making process can also help make the plan more effective.

How the Family Media Plan Works

Every household's media habits are unique, so the Family Media Plan is designed to be customizable. You can create a comprehensive plan or focus on the parts that are most relevant to your family. Here's what the Family Media Plan offers:

- **Media Priorities:** Choose from a list of media-related priorities that matter to your family.
- **Practical Tips:** Get actionable advice to help your family stick to the plan, with a step-by-step guide.
- **Personalized Profiles:** Create profiles for each family member, including fun avatars. This helps tailor the plan to each individual's needs, from young children to adults.
- **Importance of a Plan:** Learn why managing media use is crucial for a healthy family dynamic, with reasons and tips provided for each priority you select.
- **Sharing and Saving:** Print or share your plan easily, and return to it as often as you'd like to make updates or changes. You can also save your plan online for convenient access anytime.

Family Media Plan Tips and Areas of Focus

- **Media Balance:** With media and digital devices surrounding us at home, school, and work, it's crucial to maintain balance. Make time for face-to-face interactions with family, friends, and teachers, which are essential for a child's learning and healthy development.
- **Communicating About Media:** Media use should not be a taboo topic. Make it a part of everyday conversations, whether at the dinner table, in the car, or during family meetings. The more you talk about it, the more natural it becomes to discuss media habits and expectations.
- **Kindness & Empathy:** Encourage family expectations around kindness and empathy, both online and offline. Discussing respectful relationships and positive media use fosters a healthier digital environment.
- **Digital Privacy & Safety:** The internet can sometimes feel like the Wild West, not always designed with kids in mind. Teach your children about digital safety, including privacy settings, flagging inappropriate content, and responsible online behavior.
- **Screen-Free Zones:** Designate certain areas of your home as screen-free zones to benefit your child's health and development. Agree as a family on where screens are not allowed, such as during meals or in bedrooms.
- **Screen-Free Times:** Create screen-free times in your daily routine to encourage family conversations and play. Setting aside moments without screens is important for your child's health and development.
- **Choosing Good Content:** With millions of shows, apps, and video games vying for your family's attention, it's important to find content that aligns with your family's values. Look for media that provides creative experiences, positive role models, and genuine enjoyment.
- **Using Media Together:** Not all screen time is created equal. Sharing media experiences, like family movie nights or exploring educational apps together, turns screen time into family time. It builds bonds, promotes learning, and shows your child that you care about their interests.

Keep Your Family Media Plan Handy

Print your Family Media Plan and hang it in a common area, like the fridge, as a reminder of your family's media goals. Whether you need to make adjustments or simply want to revisit the plan, you can easily do so at any time. Get started today and put the Family Media Plan to use in your family.

Click [HERE](#) to view a tutorial and get started today!