**PARENT PLAN: ELECTRONICS USAGE**

Before making a major change with electronics usage in the home, please consider what you with do differently. Parents presenting a united front in these changes will make implementation go more smoothly.

**WHAT (What will be different going forward?)**

**WHEN (When will this plan start? When will electronics be allowed/not allowed?)**

**WHO (Who is doing what? How is the other parent supporting?)**

**HOW (How are you presenting these changes? How will it be reinforced and consistent? How will parents respond to child’s distress?)**

**INSTEAD (During the times electronics are typically used, what will happen instead?)**