

Screen Band Karna

"Last episode" = unke liye "opening offer"

KYA KARO

1. 5 minute pehle sachchi warning do
2. Episode end ko boundary banao
3. Turant agli activity mein involve karo

YEH BOLO

Pehle sachchi warning: "Is episode ke baad screen band."
Phir bridge: "Chalo — mujhe mera dal expert chahiye."

YEH MAT KARO

- ✗ Achanak tablet chheen lena — crash, landing nahi
- ✗ Warning deke wapas ek aur episode dena
- ✗ Screen ko hi reward/punishment banana

SCIENCE KYA BOLTI HAI

Meltdown screen ka nahi, CLIFF ka hai. Dimaag ko landing chahiye — warning + agla kaam.

Roz ka ek chhota kadam — ProParents app

Poora guide: proparents.in/parenting/screen-time-battles

Based on CDC's Learn the Signs. Act Early. guidance · Screening, not diagnosis · proparents.in



scan for the app