THE SCREENTIME CONSULTANT

Becoming Tech-Intentional™

We're in this together!

Replace judgment with curiosity.

3 Habits of Tech-Intentional™ Families:

1. Focus on the dangerous, not the scary
2. Choose mentoring over monitoring
3. Live your lives out loud

The RIGHT Questions to Ask:

1. *Do I know what my child is doing online?*
2. *Do I have a strong relationship with my child?*

"I forgot to teach you."

30% of 8-year-olds have personal smartphones

71% of 12-year-olds have personal smartphones

70% of children visit YouTube daily

40% of 8-12 year olds are on social media

50% of teens have experienced online bullying

Almost 2 in 3 girls feel "persistent sadness or hopelessness"

7.5 hours

average daily use for 8-18 year olds*

**Source: Parent Survey*

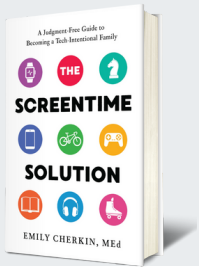
**For personal use of personal devices. This is not time spent on screens for or at school.*

95%+ of parents keep phone in room at night

Sources: Parent Survey, Center for Disease Control, Common Sense Media, Pew Research, U.S. Surgeon General

Best Seller amazon.com

A judgment-free guide for parents who want to better understand and balance family screentime in the digital age.





Emily Cherkin, MEd.
The Screentime Consultant

Follow me at First Fish Chronicles on Substack

Later is better.
Less is more.
Relationships first.

The Screentime Consultant, LLC © 2025

www.thescreentimeconsultant.com @thescreentimeconsultant @firstfish.stubstack.com Emily Cherkin, M.Ed.