PRINTABLE CHECKLIST

**Parenting by Science**

Peer-reviewed parenting research, explained in plain English.

# How to Reduce Screen Time for Kids: What 65 Trials Actually Found

*From the paper: Chandrasekaran M, et al. (2026). "Interventions to Reduce Screen Time in Preschool-Aged Children: A Systematic Review and Meta-Analysis of Randomized Controlled Trials." Obesity Reviews, 27(9), e70185. DOI: 10.1111/obr.70185*

## Your checklist — tick each box with a pen

- ☐ Start with your own habits and routines — when screens are on, where devices live, what the day looks like
- ☐ Aim the change at the adult's side of the equation, not at persuading a toddler
- ☐ Raise screen time at your next check-up — it's a normal topic now
- ☐ Expect small: a modest, steady reduction beats a strict plan that collapses by Friday

**The takeaway:** Screen time in the preschool years moves when the parent's side of the equation changes — routines, environment, a bit of coaching — and it moves a little, not a lot.

**This week — Tick each day you worked on your side of the routine:**

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|---|---|---|---|---|---|
| | | | | | | |



General information only — this sheet explains one study and isn't advice for your specific child.