

How to Get Kids Off Technology Without Meltdowns (Yours or Theirs)



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"Parenting is about staying calm as a parent, learning how to collaborate with your kids, and moving the challenges forward—not necessarily fixing them."

Planning screen time

When talking to your kids about screen time, it's best to start with an open conversation about what you both expect. For example, you could sit down together and come up with a plan. You could ask, *"What rules do you think we should have to keep you safe?"* and then share your thoughts too.

When it comes to screen time, especially with kids who have ADHD, it helps to be aware of the challenges they might face. For example, getting off a video game might take longer than you'd think. Instead of just telling them to stop right away, try working with them to **create a step-by-step routine** that helps them wind down. This might mean giving them a heads-up to start wrapping things up, checking in with friends, and planning when they'll play next.

Why yelling isn't a great tactic

Yelling might feel like a quick way to get your kids' attention when they're glued to screens, but it's not the best approach. While it does create a sense of urgency, it also triggers a stress response in everyone involved. Constantly relying on yelling takes a toll and wears everyone down over time. Plus, so many parents tell me they feel awful after raising their voice, full of guilt and frustration. So, give yourself grace and focus on finding **healthier ways to connect with your child**.

What you want to do instead is figure out what's going on underneath the behaviour. Maybe your kid's having trouble transitioning or they're overwhelmed. Instead of issuing orders, take a deep breath, calm yourself down, and ask, *"How can I help them get through this?"* It's not about being perfect but doing your best day by day.