

Screen Time Minutes

Print Instructions

I'm so happy you grabbed my screen time minutes! I really hope they help you to manage your child's screen time better, momma.

It is best to print these minutes on letter-sized card stock. You could even laminate them if you wanted to. Keep in mind that different printers may make the colors look different.

If you want to edit the charts, [CLICK HERE](#) and MAKE A COPY before editing. Otherwise you'll change the original document, and it'll be hard for anyone else to use it.

If you have any questions at all, email me at shannon@makingmommas.com. I'm happy to help!



Please Let Me Know What You Think



If you love these minutes, please email me and let me know!

Drop By Our Shop!

If you're in need of some extra support to tackle the daily chaos at home, swing by my Etsy shop! I've got all the tools you need to bring some order and joy into your routine, from planners to self-care kits. Let's make managing life at home a breeze together—check out my shop today and let's embrace this journey with confidence! 🏠❤️ #SAHMLife #EtsyFinds #HomeManagement

>>> [CLICK HERE TO VISIT THE SHOP!!](#) <<<

HOW TO EARN Screen Time Minutes

15 MINUTES playing with Ava for 15 minutes	15 MINUTES vacuum sitting room	15 MINUTES cleaning up the basement	15 MINUTES taking out the garbage	15 MINUTES 5 brownie points
15 MINUTES daily chores	15 MINUTES cooking supper	15 MINUTES doing laundry	30 MINUTES reading for 30 minutes	30 MINUTES 10 brownie points
30 MINUTES dusting upstairs	30 MINUTES washing the table chairs	30 MINUTES lunch dishes	45 MINUTES playing outside for 45 minutes	45 MINUTES 15 brownie points
60 MINUTES not playing xbox at all during the day	60 MINUTES not playing nintendo at all during the day	60 MINUTES playing outside for 60 minutes	60 MINUTES reading for 60 minutes	60 MINUTES 20 brownie points
MOM DECIDES helping in the garden	MOM DECIDES caught being good	MOM DECIDES doing something nice for your brother	MOM DECIDES doing something nice for someone else	MOM DECIDES helping mom clean house
DAD DECIDES yard work	DAD DECIDES wood cutting	DAD DECIDES helping clean the suburban	DAD DECIDES playing nicely with your brothers	DAD DECIDES helping dad

How to Earn Screen-Time Minutes

Playing Outside



minutes earned =
minutes outside



Reading Books

minutes earned =
minutes read

Picking Up Your Toys



Big Job = 30 minutes
Little job = 15 minutes



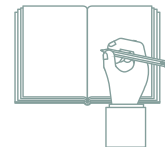
Playing Nicely Together

Short Time = 15 minutes
Long Time = 30 minutes

Eating All of Your Food



15 minutes



Doing Homework

30 minutes per night

Helping Mom



Mom decides how
many minutes



Helping Dad

Dad decides how many
minutes

Resting



30 minutes

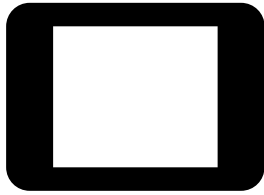


Caught Being Good

30 minutes

**Screen Time
Minutes**

15 Minutes



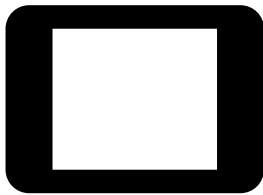
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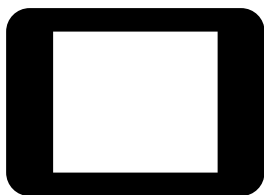
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**Screen Time
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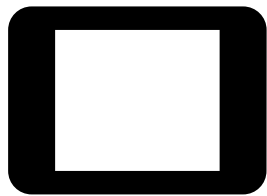
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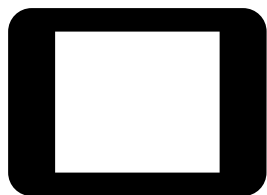
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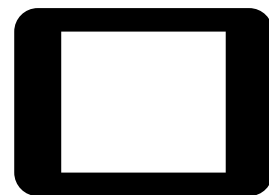
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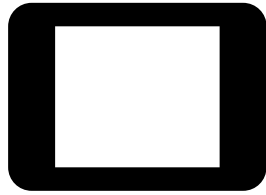
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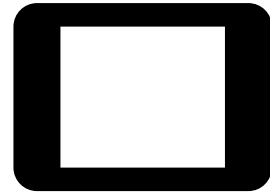
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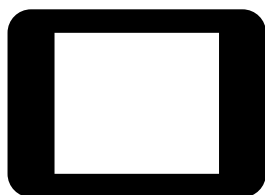
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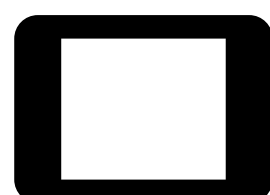
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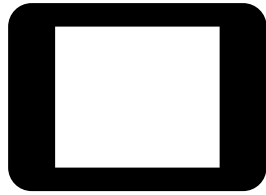
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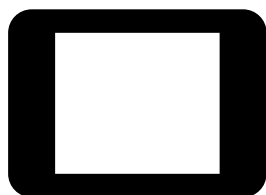
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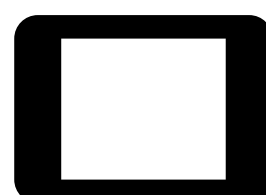
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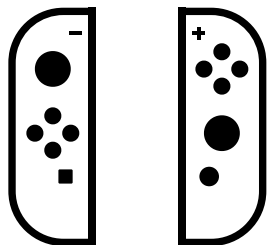
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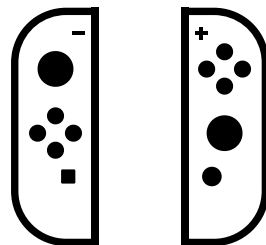
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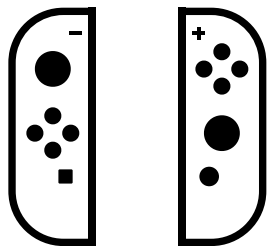
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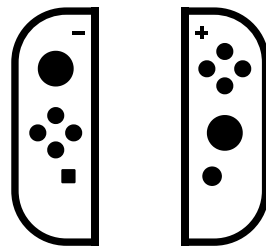
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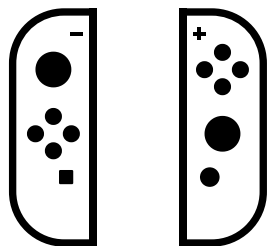
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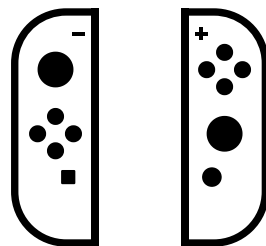
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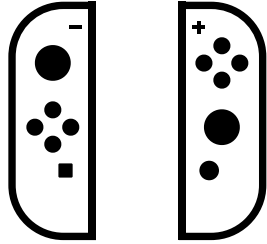
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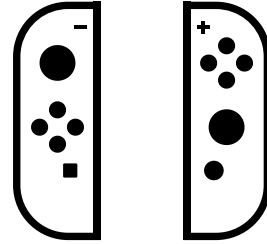
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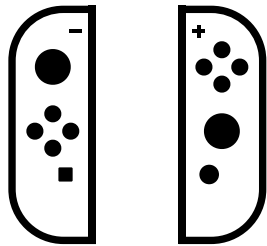
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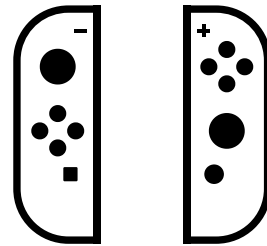
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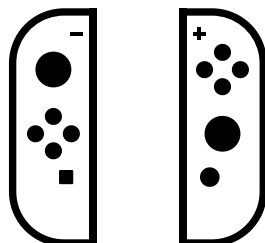
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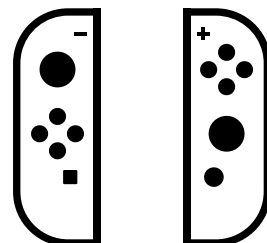
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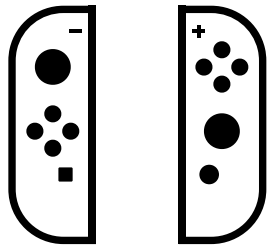
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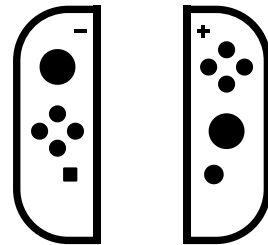
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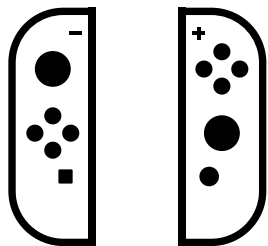
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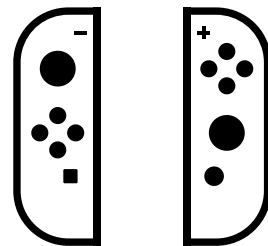
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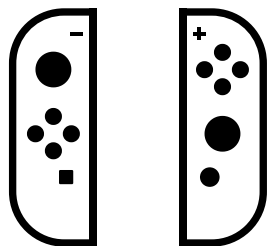
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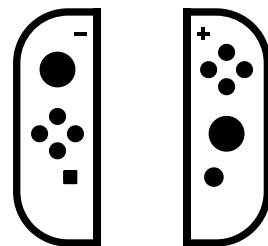
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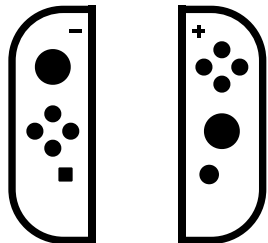
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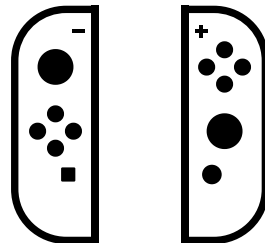
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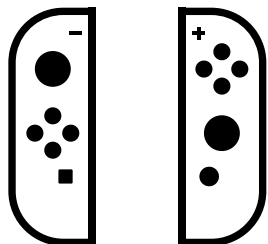
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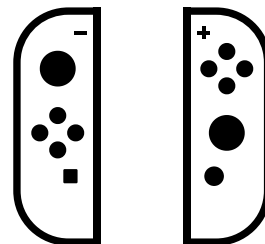
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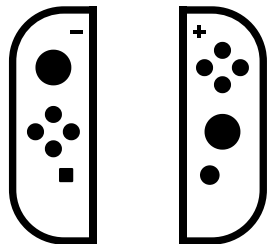
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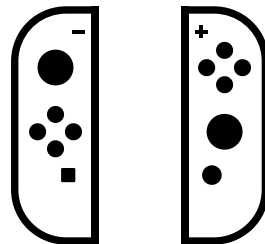
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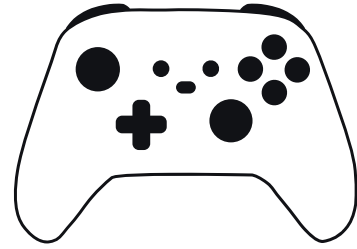


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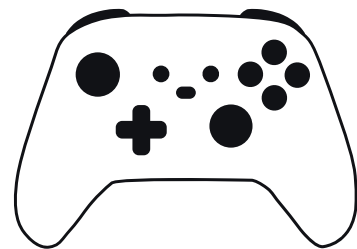
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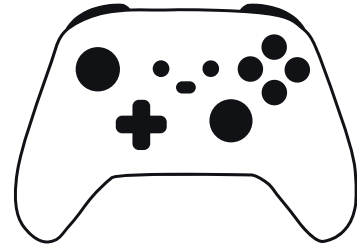
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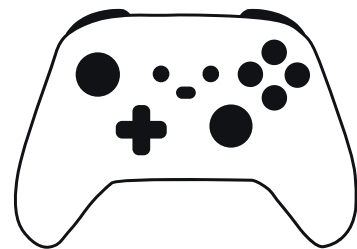
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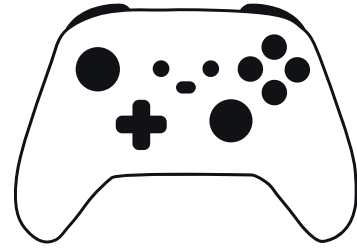
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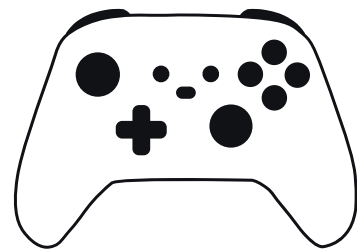
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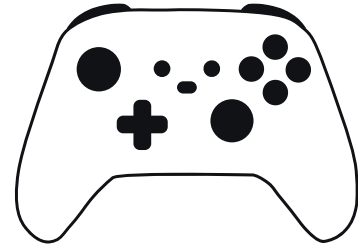
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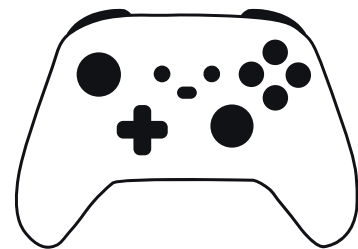
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