

Meet Audra

(16-year-old daughter has screen-time issues)

Establishing healthy screen-time boundaries

Audra’s 16-year-old daughter Jade is on her smartphone almost constantly using social media and other apps. As a result, Jade’s grades are slipping and she spends most of her time in her bedroom rather than interacting with the family and helping around the house.



AUDRA SCHEDULES A RETHINKCARE CONSULTATION

A few years ago, Audra talked with a RethinkCare Parenting Expert for help potty training her younger son. Now, **she scheduled a free 1:1 consultation to discuss how to deal with Jade’s screentime issues.**



INTAKE

During the consultation, Audra shared her concern about Jade’s screen time with the Parenting Expert. In addition to issues with slipping grades and household chores, Audra worries about Jade’s safety and who she is talking to / what information she is sharing while on the apps. The RethinkCare Expert suggested Audra listen to the **Behaviorally Speaking** podcast episode on internet safety, *How to Keep Kids Safe*.



PROGRESS

Putting in place the strategies they discussed, **Jade is learning to manage her phone use and her grades are improving.** The chores remain an improvement area but Audra believes that will come with time and she continues to meet with a RethinkCare Expert every 3 weeks to work toward this goal. Now Audra and her RethinkCare Expert are working on strategies to help Jade take an active role in household chores. Audra’s Expert suggested creating a chore chart where Jade selected chores to complete each week in exchange for phone use.

STRATEGIES

Audra and her RethinkCare Expert **strategized how Audra could have a constructive conversation with Jade around boundaries for phone use:** no phone in the bedroom after 7pm and phone access dependent upon maintaining a B grade average. The Expert shared a Parent/Child Behavior Contract template to help Audra and Jade formalize these boundaries. Finally, the Expert suggested planning 1 outing each week with Jade, simple things like getting dessert to foster the relationship between Jade and her parents.

