

SCREEN TIME ALTERNATIVES

THREE ROADS
THERAPY LLC
TRTSPEECH.COM

TIMES CHILDREN TYPICALLY USE

DEVICES:

Car rides
Waiting rooms
When child is upset
Background noise
Quiet time



ALTERNATIVES – LISTED IN RESPECTIVE ORDER

Car Games	Read Books	Deep Breathing
Audio Books	Talk to People	Rub Hands Together
Children's Podcasts	Magnidoodle	Counting
Music	Boogie Board	Name Feelings
Box of Manipulatives	Reusable Stickers	Situation Removal

Minimize Distractions
Talk to Your Child
Play Music
Play Audio Books
Discourage the Need
to be "entertained"

Quiet Time Box
of Activities:
Books
Puzzles
Coloring
Play-Doh



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