

Okay, guys, happy June. So I just thought it'd be fun to do a voice recording of what our screen time was. We started off the summer. Talk to the kids and we're like, okay, we're going to let everybody have 2 hours of screen time a day. First off, 1, 2 hours is just what we chose subjectively. I don't think there is a guaranteed. This is the right amount of screen time a child should have. There's a 1000000 factors going into your work schedule, like who you have at home, what you personally need to get done, how your kids handle screen time. So you do you on that regard. But we were like, okay, let's just do 2 hours. This failed awfully because the kids were like coming to us and just each person was like keeping track of their own screen time. There were so many questions. There was like, okay, well, if I like am kind of watching while she's watching. Does that count as my screen time? or like, if I watch now and we watch a movie later? Does that mean I can't watch the movie later, which no, it wouldn't have. But more than anything, we're just realizing with multiple children, the amount of questions is mind numbing. And I, I mean, Nate and I looked at each other and we were like, we are going to go insane. So we basically were like, we need a completely new system. This is not working at all. And we're really, we really want to teach our kids a lot about like self-regulation. We feel like when it comes to snacking in our house. We've gotten to a place where the kids aren't constantly asking us for a snack. They don't have to ask us if they can eat a snack and we feel like we can, for the most part, like understand that they're pretty good at self-regulating that at this point. Um, and then again, you know, if you notice like, hey, it seems like you're snacking a ton, you can kind of say something then and be like, are you, are we, are we eating breakfast, you know, that kind of thing. So we're like, we really want to get to a place where it's not like this hard and fast rule, but more like learning to self-regulate. So we decided that they have morning chores that they have to do. Everyone has chores that they need to do in the morning. And so it is expected that you do those before you watch. And also, you just can't watch before 10 AM because we just have decided that before 10 AM, there's just like other things we would like them to be doing around the house. But after 10, they can watch. They can watch as much as they want Now, the stipulation is that they, um, they basically, this is going, it might make you laugh, but we basically decided you have to watch movies. And I think what we realized is that a lot of our kids were watching like short, namely YouTube videos that were just like so mindless and just mimicked so much like no depth of storyline, so many like so much fast switching content that we were like, we kind of felt like, you know what? I think if they watched movies more, they would get bored a lot faster. And so far, this has proven to be true that when they put on a movie, half the time they like pause it halfway through, go do something else, leave it, like, it's just not quite as like addicting. And so this could still fail. And, you know, sometimes like someone will be watching a movie and then we're like, all right, I think we need to turn it off for a little bit or, you know, but it's just not quite as like addicting, maybe is the right word. It doesn't feel quite as addicting as just like looping YouTube videos nonstop. Um, so that's what

we're doing. We also bought a DVD player because I realized I still have all of my DVDs from growing up and our library. You can rent DVDs. We were like, well, maybe that would just be like something fun and different to try and watch some older movies. Now I will laugh. We put on The Little Mermaid on DVD. Um, and the quality was so much worse than just going on to Disney Plus and watching the Little mermaid. But there was a little bit of nostalgia for me of just putting on the DVD, watching the previews that show up on the DVD player. Um, and so again, that's just it was like a \$25 investment in a DVD player. And now we like also can rent some DVDs from the library and just have something, um, just different than what they just normally see. So that is what we're doing right now. Quick synopsis, again, can't watch anything before 10 AM after 10 AM. We're kind of like letting them watch, but they're, you know, sometimes they have camp. Sometimes they have other stuff they're doing. Sometimes friends are coming over. Um, and so they it's so far. I mean, we're like 3 days into this new rhythm that we're trying. So far it's been good. Again, and oh, our kids are ages 11, 9, 7, and four. So, um, I'm not an expert at all in this area. And maybe I'll come back in 2 weeks with another update that we have changed the system, but just thought I owed you an update.