

Screen Time Behaviour Checklist

“Screen time” refers to time spent engaged in screen-based activities. Examples of “screen time” include watching TV or DVDs; watching or using a smartphone, computer, or tablet; or playing video games. Below is a list of common screen time-related child behaviours that parents often have to manage. For each item: (1) select the number that best describes how much of a problem that behaviour has been for you with your child, over the past **four (4)** weeks, and; (2) then, using the scale provided, choose a number next to each item that best describes how confident you are that you can successfully deal with your child’s behaviour, even if it is a behaviour that rarely occurs or does not concern you.

Rate your confidence from 1 (*Certain I can't do it*) to 10 (*Certain I can do it*).

	To what extent has this behaviour been a problem for you with your child?							Rate your confidence in dealing with it from 1 (Certain I <u>can't</u> do it) to 10 (Certain I <u>can</u> do it)
	Not at all	A little	Somewhat	Much	Very much			
Complains or whinges about wanting screen time	1	2	3	4	5	6	7	<input type="checkbox"/>
Demands screen time even after you have said “no”	1	2	3	4	5	6	7	<input type="checkbox"/>
Argues about screen time rules or limits	1	2	3	4	5	6	7	<input type="checkbox"/>
Demands more screen time than they are allowed	1	2	3	4	5	6	7	<input type="checkbox"/>
Whinges or complains when it is time for the screen to be turned off	1	2	3	4	5	6	7	<input type="checkbox"/>
Tantrums when it is time for the screen to be turned off	1	2	3	4	5	6	7	<input type="checkbox"/>
Refuses to turn the screen off when asked	1	2	3	4	5	6	7	<input type="checkbox"/>
Breaks household rules about screen time use	1	2	3	4	5	6	7	<input type="checkbox"/>
Uses delaying tactics (e.g. bargaining) to avoid having screens turned off	1	2	3	4	5	6	7	<input type="checkbox"/>
Complains about doing activities that don't involve screens (e.g. outdoor play)	1	2	3	4	5	6	7	<input type="checkbox"/>
Has trouble keeping busy on their own unless a screen is on	1	2	3	4	5	6	7	<input type="checkbox"/>

Has trouble finding interesting or enjoyable things to do without screens	1	2	3	4	5	6	7	<input type="checkbox"/>
Tends to act out unless a screen is on	1	2	3	4	5	6	7	<input type="checkbox"/>
Argues or fights with siblings or friends unless a screen is on	1	2	3	4	5	6	7	<input type="checkbox"/>
Doesn't eat well unless a screen is on	1	2	3	4	5	6	7	<input type="checkbox"/>
Cries or complains in 'boring' situations (e.g. in the car, at a restaurant) unless a screen is on	1	2	3	4	5	6	7	<input type="checkbox"/>
Has trouble going to sleep unless a screen is on	1	2	3	4	5	6	7	<input type="checkbox"/>
Has trouble relaxing or having "quiet time" (rest time) unless screen is on	1	2	3	4	5	6	7	<input type="checkbox"/>

Does your child engage in any other behaviour related to screen time that you find difficult to deal with? Please write these behaviours below.

	To what extent has this behaviour been a problem for you with your child?							Rate your confidence from 1 (Certain I <u>can't</u> do it) to 10 (Certain I <u>can</u> do it)
	Not at all	A little	Somewhat	Much	Very much			
.....	1	2	3	4	5	6	7	<input type="checkbox"/>
.....	1	2	3	4	5	6	7	<input type="checkbox"/>
.....	1	2	3	4	5	6	7	<input type="checkbox"/>
.....	1	2	3	4	5	6	7	<input type="checkbox"/>

Citation:

Halpin, S., Mitchell, A. E., Baker, S., & Morawska, A. (2021). Parenting and child behaviour barriers to managing screen time with young children. *Journal of Child and Family Studies*, 30: 824-838. <https://doi.org/10.1007/s10826-020-01881-4>

Mitchell, A.E., Halpin, S., Morawska, A., & Baker, S. (2018). *Screen Time Behaviour Checklist*. Brisbane: Parenting and Family Support Centre.