DELAWARE MODERN PEDIATRICS, P. A.
David M. Epstein, M.D.
300 Biddle Avenue, Suite 206
Springside Plaza, Connor Building
Newark, Delaware 19702
Phone: (302) 392-2077
Fax: (302) 392-0020

www.DMPKids.com

TV/Screen Time "Movie Tickets"

These tickets may be used as an allowance. Perhaps 15 tickets may be given to your child every Sunday night, or 2 tickets each morning. The tickets may be stored in a jar, in the child's room.

A ticket should be "paid" each time your child:

- Watches a TV show or movie for ½ hour
- Watches a DVD for ½ hour
- Plays a video game or tablet/cellphone app or YouTube videos for ½ hour
- Plays a computer game for ½ hour

The tickets may be saved for several weeks for a "marathon TV weekend," or used up immediately. But once they're gone, screen time is not permitted until the next "allowance."

30 Minutes TV/Screen Time	30 Minutes TV/Screen Time
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