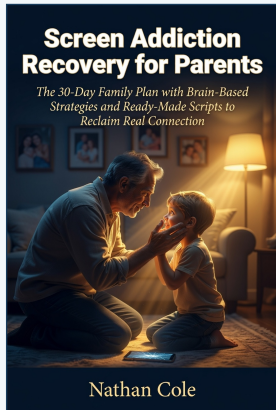


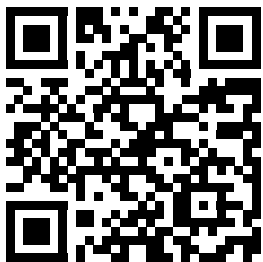
Practical help for real families



Screen Addiction Recovery for Parents

By Nathan Cole
Soomoby Books

A practical 30-day family plan to protect sleep, relationships, and healthier digital habits.



Scan the QR code

to purchase the book
directly on Amazon.com.
Soomoby Books

QR code links to: amazon.com/dp/B0H21B8FJS

Quick check Who is in control?

Count how often the answer is “often.”

- I unlock my phone without knowing why.
- I struggle to stop when I set myself a limit.
- I feel very uneasy without a connection.
- I sacrifice sleep to stay online.
- Screens interrupt schoolwork, meals, or conversations.
- Without my phone, I feel there is nothing to do.

- | | |
|------------|---------------------------------|
| 0-1 | Keep supporting healthy habits. |
| 2-3 | Try changing a few routines. |
| 4+ | Talk with a trusted adult. |

SCREEN SMART FAMILY

More sleep. More focus.
More real-life connection.



A short guide for students,
parents, and educators.

Educational material inspired by the book

Screen Addiction Recovery for Parents

It is not just “too much phone”

When is screen use a choice?

Phones, games, videos, and social media can help us learn, create, play, and stay connected.

The problem begins when screens take up so much space that they make it harder to:

- Sleep well.
- Focus and learn.
- Move, play sports, or enjoy hobbies.
- Talk and connect with people in person.
- Handle boredom, anxiety, anger, or sadness without instant distraction.

This is not about being “weak” or “bad.” Notifications, endless feeds, rewards, and algorithms can make it hard to step away.

When to pause and notice

Signs worth paying attention to

It is not only about hours. It is also about what happens when screens are unavailable and how use affects everyday life.

- You say “five more minutes” and stay online much longer.
- You lose track of time while scrolling, gaming, or watching videos.
- You feel irritable, restless, or anxious without a device.
- You give up sleep, schoolwork, friends, sports, or hobbies.
- You hide your use or lie about time spent online.
- You are with others physically, but your mind is always online.

Important

One sign alone does not label anyone. If signs add up or distress is intense, talking with a trusted adult or qualified professional is a caring choice.

Take back control

Five steps—without constant battles

1. Track, do not guess

For one week, notice when you use screens, why you open them, and how you feel before and after.

2. Protect sleep

Set a time when phones, tablets, and consoles stay outside the bedroom.

3. Make screen-free zones

Meals, homework, and important conversations can become real-presence moments again.

4. Replace, do not just remove

Sports, music, reading, cooking, walks, games, and hands-on projects can fill the space screens leave behind.

5. Do it together

A family agreement and adults leading by example work better than daily battles.

The goal: use technology intentionally, rather than letting it use us.