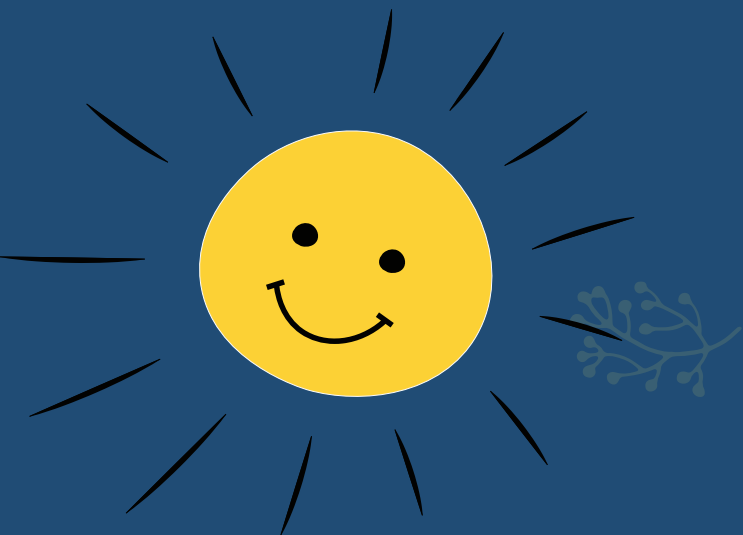




5 Simple Steps to End ScreenTime Without Tantrums

BUILD COOPERATION
& AVOID MELTDOWNS



Hi There!

I'm so glad you're here — thank you for downloading this printable!

My name is Dipti.

I am Parent Educator with a background in Positive Psychology, Montessori training from AMI and Counseling.

As a trained Engineer turned Teacher, I've come to deeply believe that parenting rooted in **psychology, respect, and empathy** can transform not just our children's lives, but our own.

I believe my calling in this life is to support parents in raising emotionally resilient children — by parenting from a place of peace, patience, and presence.

Here's what some of the parents I've worked with have shared about their experience:





TESTIMONIALS



When I first spoke to Dipti, I was feeling really stuck with my 8-year-old daughter.

We just weren't connecting, and I didn't know what I was doing wrong.

Dipti didn't just tell me what to do — she really listened.



Then she'd ask me these simple questions that made me think differently about the whole situation.

Her suggestions weren't overwhelming — they were practical and doable.

After a few chats with her, I started noticing small but big changes... less tension and I felt calmer too.

I can't explain it fully, but talking to her just gave me clarity. I really felt heard and understood.





Some people are born to guide, to heal, and to uplift and for me that person is Dipti 😊



She's been like a personal therapist and a huge emotional support system for me, especially in this journey of parenting. Every time I talk to her, I feel lighter, more confident, and so much clearer.

She listens with such patience and warmth, never judging, never rushing, just being fully present and offering perspectives that always open my eyes.

Dipti has this incredible depth of knowledge in child care and emotional wellbeing, and the way she explains things just makes sense.

I genuinely believe that I am parenting better because of her. I'm calmer, more aware, and far more confident than I would've been without her support.





Emotional regulation has always been hard for me, and I often turn to Dipti for support and guidance through her counselling.

What really stands out is how non-judgemental she is.

You could be talking about someone's most damaging or hurtful behaviour, and instead of jumping to conclusions about them, her mind goes to, "What must have happened in their life for them to act this way?"

While her knowledge in child psychology can be incredibly helpful for parents, I've found them to be relevant for everyone - whether you're a parent or not.

Honestly, I think this kind of inner work is something more of us should do before we step into parenting. As Dipti says, it's not about trying to change your thoughts, it's about healing. And counselling can really help you find your way there.



SCREEN TIME EXIT PLAN



01

Set up a time limit along with the child



02

Remind them 5 mins before switch off time



03

Either child or parent switches off screen



04

Appreciate cooperation/ 3 minute reset



05

Child moves onto the next activity



01

SET UP A TIME LIMIT ALONG WITH THE CHILD

This is important because, they will be more willing to follow the time limits decided by both of you (parent and the child) instead of just the parent deciding for the child.



02

REMIND THEM 5 MINS BEFORE SWITCH OFF TIME

Transitions are hard for children, especially when they're deeply engaged in screens.

Giving a 5-minute warning is important because it helps them mentally prepare to pause or stop, instead of feeling caught off guard and having meltdowns.



03

EITHER CHILD OR PARENT SWITCHES OFF SCREEN

If the child is capable of following the time limit, then we allow them to switch-off

If not, then the parent needs to step in.

No pleading or bargaining.

We are setting boundaries/rules around screentime and letting them know what will happen if the time limit is not followed through.



04

APPRECIATE COOPERATION/ 3 MINUTE RESET

If they are comfortable switching off - Then praise their self-control

If not, then try the 3 step Reset method:

1. Get down to their eye level
2. Breathe together slowly (3 times)
3. Reflect feelings:
"You really wanted more time."

Follow it up with Step 5



05

CHILD MOVES ON TO THE NEXT ACTIVITY

Be ready with activities or chores your child might be interested in.

OR

Get them to run or jump along with them because this will help them to discharge the negative effects of screentime.

Children aren't meant to be sedentary for long periods of time.





HAVE ANY QUESTIONS?



2 WAYS TO REACH OUT TO ME

01

Shoot me an email at
DHEEPHI.SAMY@gmail.com

02

Book your free PARENTING consultations
by clicking the button below



BOOK NOW

www.ParentingWithDipti.com

