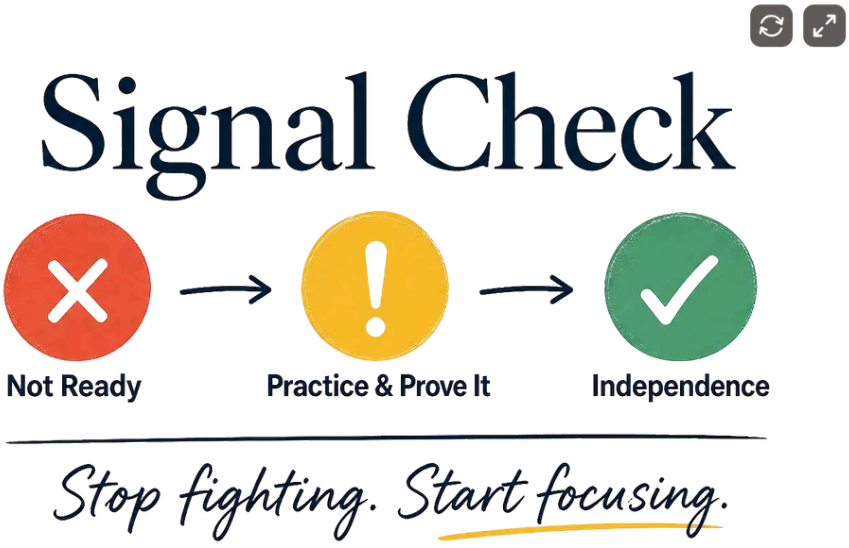
A smarter way to manage kids' screen use (without the fights)

Families often get stuck between total restriction and total freedom. Signal Check offers a more balanced approach by helping kids build healthier digital habits through support, structure, and growing independence.



RED = No/not yet

Clear boundaries around things kids are not ready to handle safely or responsibly.

YELLOW = Practice & prove It

Kids focus on 1–2 skills at a time with support, structure, and guidance.

GREEN = Growing independence

As kids build skills and trust, they gradually earn more freedom.

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Signal Check is inspired by the great work of Dr. Ada Alden (2004)

How to get started



In this example, the child is working toward Roblox access. The skill they're practicing this week is turning screens off when time is up. This is one of several skills they need before they can get Roblox.

Once mastered, parents may switch in new Yellow skills like getting homework done consistently, handling disappointment respectfully, or completing responsibilities without reminders. Kids are motivated by the promise of access.

Once the child has shown the parent that they can manage the new skills, they are awarded access.

Steps to implement

1. Pick one current screen conflict (e.g., Roblox access)
2. Decide what belongs in Red, Yellow, or Green.
3. Focus on just 1–2 Yellow skills at a time.
4. As skills improve, gradually expand independence.

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