

✓ **First Phone Readiness Checklist**

"Are We Ready for the First Phone?"

A quick gut check for both parents and kids

This checklist helps parents slow down and make an informed decision—not just cave to pressure or jump in too fast.

EMOTIONAL + SOCIAL READINESS

Child can...

- ☐ Handle disappointment or frustration without meltdowns
- ☐ Respect house rules (even the ones they don't like)
- ☐ Tell you when something goes wrong online or offline
- ☐ Apologize and take responsibility for mistakes
- ☐ Spend time offline without constantly asking for screens

FAMILY HABITS & STRUCTURE

We already...

- ☐ Have clear tech limits (for screens, games, bedtime)
- ☐ Use parental controls and understand how they work
- ☐ Talk openly about safety, privacy, and screen behavior
- ☐ Model balanced screen use as adults
- ☐ Know where the phone will charge at night (not in bed)

PRACTICAL SETUP

We're ready to...

- ☐ Choose a phone that matches our child's maturity
- ☐ Delay social media (Snapchat, TikTok, etc.)
- ☐ Disable YouTube, browser, and app store by default
- ☐ Set app limits, downtime, and location sharing
- ☐ Write and agree to a tech contract together

✓ **Score guide:**

- 13–15 boxes checked: You're likely ready—with ongoing guidance
- 9–12: You're close—review weak spots before saying yes
- Fewer than 9: Wait. Build habits, maturity, and structure first