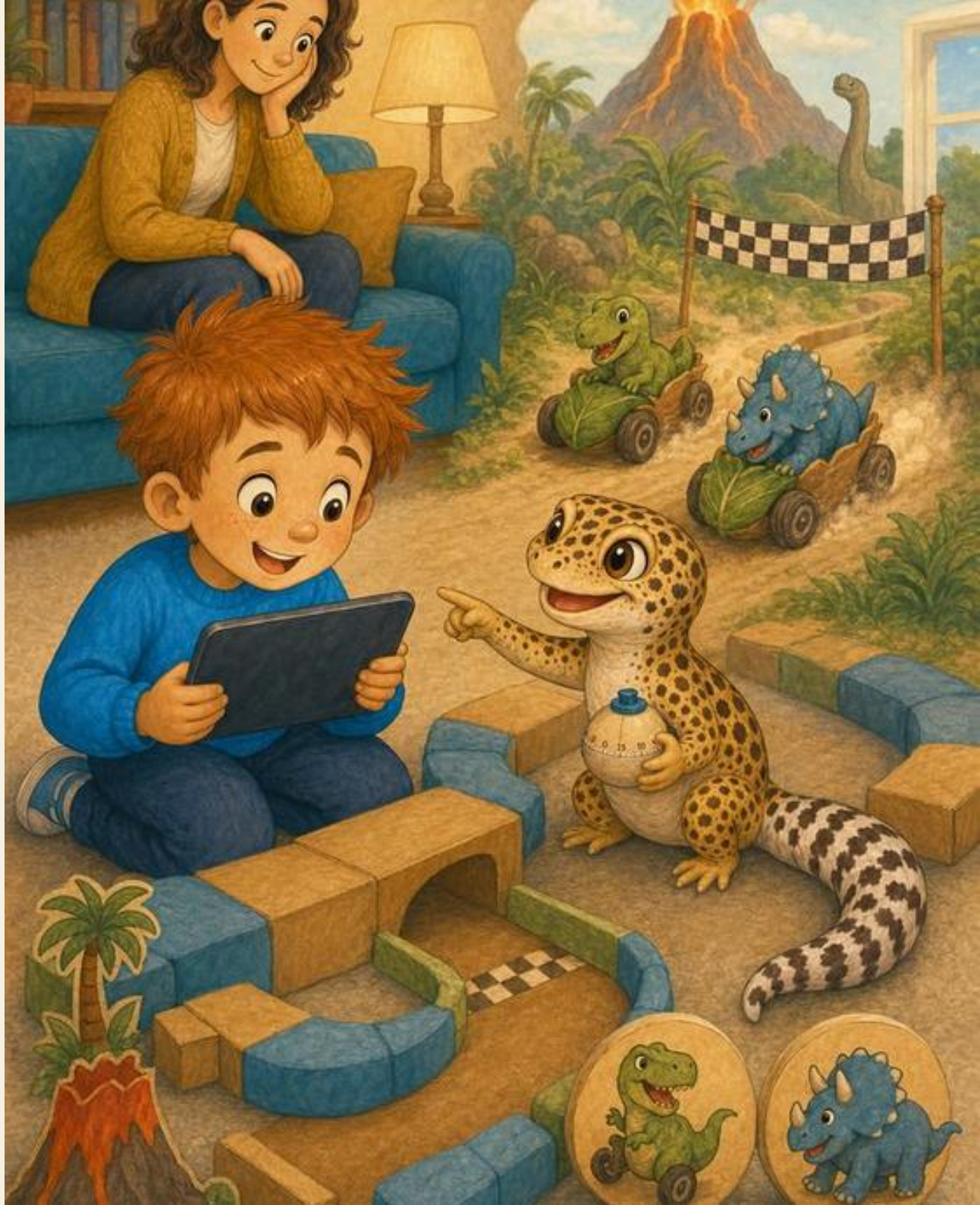


JB'S BRIGHT BUTTON ADVENTURES

Leo's One More Dino Race

PLAN. PLAY. STOP.

A read-together story for approximately ages 4 to 6





Plan before play

Leo and Mum agreed on two dinosaur races. They placed two picture tokens beside the timer. JB pointed to the plan as if he had invented it. Leo used one token and began his first race.

FOR GROWN-UPS

Agree the ending before play begins. Visual tokens and a timer can make an abstract limit easier for a young child to understand.



The volcano track

Just as the timer finished, a spectacular volcano track appeared. Leo's hands gripped the controller. His face felt hot. One more race! he cried. Mum stayed close and calm while JB noticed the big feeling.

FOR GROWN-UPS

A difficult stop is not proof that the child is deliberately misbehaving. Games are built to keep attention, and transitions need adult help.



Stop together

JB pointed to three cards: plan, play, stop. Mum helped Leo save the game. They took one slow breath, put the controller down and chose the volcano track for tomorrow. The feeling became smaller.

FOR GROWN-UPS

Give a short warning, keep the stopping routine consistent and offer help with saving or ending safely. Avoid negotiating a new limit in the hottest moment.



The fun carries on

Leo, Mum and JB built a volcano racetrack from cushions and boxes. The toy dinosaurs zoomed through the living room. The next day, Leo used his final token and put the controller down himself. JB waved the chequered flag.

FOR GROWN-UPS

Plan the next activity as well as the end of the screen activity. Review limits as the child grows and as different games place different demands on attention.



YOUR BRIGHT BUTTON

REMEMBER

First we plan. Then we play. When the timer and tokens are finished, we stop together.

TALK ABOUT IT

- How did Leo's body feel when it was time to stop?
- What could make stopping easier in your home?

TRY IT TOGETHER

Choose a timer, two picture tokens and the activity that will happen after screen play.

PARENT SETUP

- Use a child account and set a suitable daily limit or downtime routine.
- Give warnings and help the child save before the agreed stopping point.
- Keep the plan visible and offer a clear next activity.

GROWN-UP GUIDE

bastionhost.co.uk/security/families/family-link

Read and discuss with your child. Parent guide reviewed 15 August 2026.