



OUR 90-DAY AGREEMENT · DEVICE DETOX

Autopilot off. For 90 days.

Not forever. Not because the tools are bad. Because her brain is still building the hardware that will one day decide when to use them. For ninety days, she flies the plane. The autopilot comes back on afterward.

WHAT GOES IN THE DRAWER DURING PRACTICE

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|--|---|
| ✓ No calculator during the 20 minutes
Mental estimate first. The calculator confirms, after. | ✓ No AI tutor explaining the method
If the AI asks her questions, fine. If it hands her the method, drawer. |
| ✓ No gamified apps during drill
Timer apps are fine. Problem-selection apps are not. | ✓ No homework rescue from me
I'll wait through the pause. "Show me what you'd try first" is my only line. |

WHAT STAYS IN THE HOUSE

This isn't an anti-technology crusade. The tools come back online for their right purpose. During the ninety days, here is when they're sanctioned:

- **Calculator** — for a tax calculation, a lab report, a column of grocery receipts. After the mental estimate.
- **AI** — for Q&A about a concept she already attempted. For asking "what would you try first?" It never explains the method before she tries.
- **School-required calculator work** — if her teacher assigns it, she does it. The CODE is for practice, not for school policy. She shows the work the teacher asks for.
- **Any accessibility accommodation** — IEP, 504, or a specialist's recommendation always comes first. The CODE is additive, not a replacement.

Our commitment, in writing.

For the next **90 days**, we both show up for 20 minutes a day, five days a week. She tries first. I witness. She uses her brain for the math; I use my brain for the restraint. On Day 89, we lay the Day 2 baseline next to the Day 89 retest and look at the gap in her own handwriting. That gap is the Receipt. Nothing in this agreement outlasts the ninety days except the kid she becomes while running them.

PARENT · DATE

I witness. I don't rescue.

KID · DATE

I try first. I use my brain.