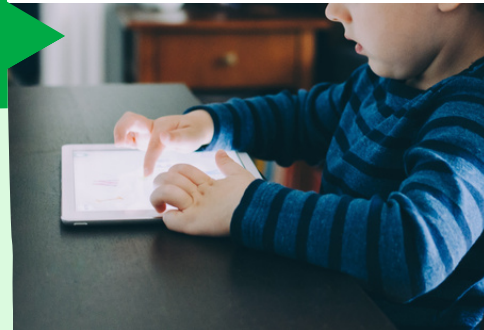


Managing screen time at home



Below are a few tips that parents and carers may like to put in place to reduce screen time. Many of these activities can be used during busy times of the day.



- **Use a timer or an alarm** to indicate when it's time to finish on the device. Give a **warning** before time is up.
- Set a **time frame that your child will understand** e.g. two episodes of a short tv show.
- Be a great **role model** by being active and limiting your use of screens in front of your children.
- Keep **mealtimes screen free**, providing opportunity for communication, connection and learning table manners.
- **Avoid screen time in the morning** to start your child's day with focus and calm.

Create firm boundaries:



Where

e.g. at home in the living room only



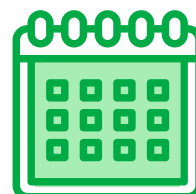
When

e.g. after lunch



How

e.g. sight word apps



Have set days of the week as 'screen-free' days.

Plan a fun activity on these days.

How much screen time is recommended for children aged 0-5years?

The Australian
24-Hour Movement
Guidelines for
screen time states:

0 - 2 years : No screen time

2 - 5 years: Less than 1 hour per day

5 - 12 years: Less than 2 hours per day

Head to the next page for alternative activities for screen time



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life

