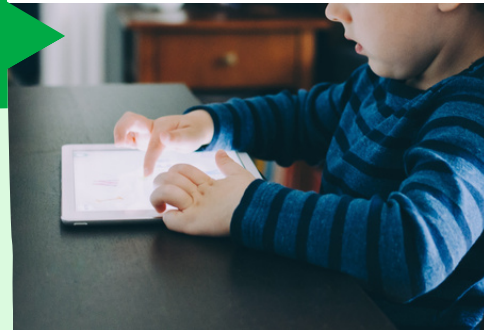


Managing screen time at home



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



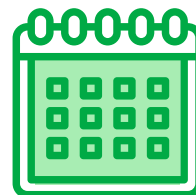
When

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



Alternative activities for screentime



When the screen is off it's helpful to have other activities and toys for your child to keep them engaged and stimulated.

Household chores can be a great way to keep kids busy and learn life skills. Why not turn on some music and have a dance while you work together to complete your list of chores.



Laundry

- Sort socks into pairs
- Gather laundry for washing
- Pass clothes or hand pegs to you when hanging out the washing
- Put away their own folded washing



Mealtime help

- Have your child set the table while you are cooking dinner
- Ask your child to collect ingredients and prepare some foods
- Create a menu for the meal and have your child draw pictures of the food
- Provide a spare pot and wooden spoon to play with



Car cleaning

- Give your child their own sponge to help wash the car
- Wash the bikes and scooters
- Grab some old paint brushes and create water paintings on the driveway
- Your child can help wipe down the inside of the car with a damp cloth



Gardening

Gardening is great fun and provides active outdoor time. Your child can:

- Water gardens
- Dig holes for planting
- Help pull out weeds



Instead of screen time being a sedentary activity, why not make screen time active and educational.

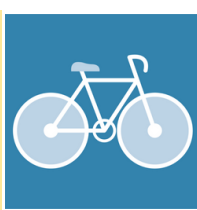
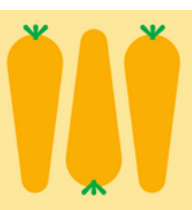
Active

Find some videos that your child can dance along to or some calming yoga moves to wind down.

Educational

Research educational topics:

- Rain cycles
- Caterpillar/tadpole lifecycles
- Science, technology, engineering and mathematic concepts



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

Good for kids
Good for life

