

# Managing screen time at home



Below are a few tips to help parents and carers to reduce screen time at home. 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** such as 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

such as at home in the living room only



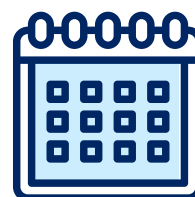
### When

such as after lunch



### How

such as 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 to 5 years?

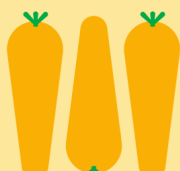
The Australian  
24-Hour Movement  
Guidelines for  
screen time states:

**0 to 2 years :** No screen time

**2 to 5 years:** Less than 1 hour per day

**5 to 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

