

# 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



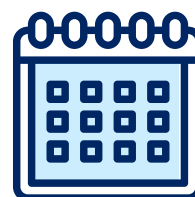
### When

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 5years?

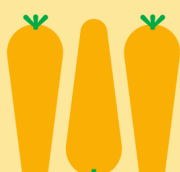
The Australian  
24-Hour Movement  
Guidelines for  
screen time states:

**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**  
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# 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



## 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



## 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



## Gardening

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

- Water the garden
- Dig holes for planting
- Help pull out weeds



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

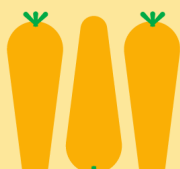
### Active

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



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