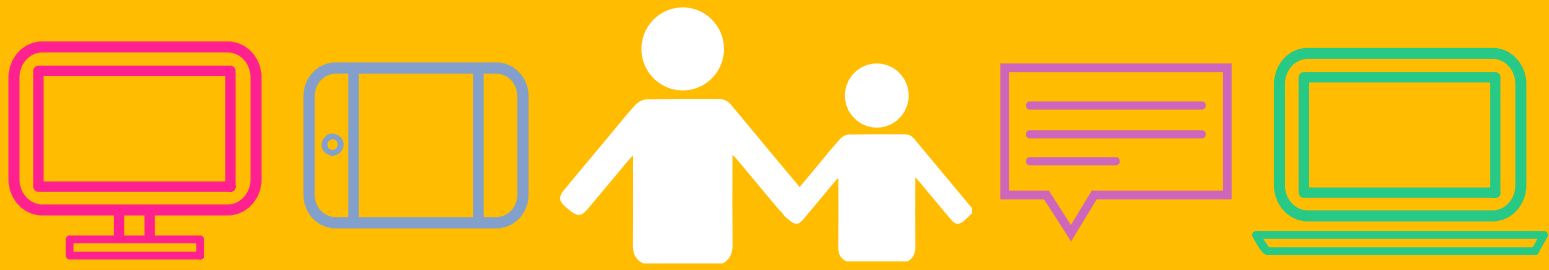# SCREEN TIME

ADVICE FOR PARENTS

Are you concerned about how much time your child spends on their phone/tablet/computer? We've put together a guide for parents on advice and talking points with your child on screen time.

1. AGREE A CLEAR SET OF RULES WITH YOUR CHILD ON SCREEN TIME IN THE HOME.

2. DO AS YOU SAY. MODELLING BEHAVIOUR IS THE MOST POWERFUL WAY YOU CAN INFLUENCE YOUR CHILD'S BEHAVIOUR.

3. RESTRICT THE USE OF COMPUTERS/DEVICES IN THE BEDROOM.

4. BUY AN ALARM CLOCK FOR YOUR CHILD'S BEDROOM AND CHARGE THEIR PHONES IN YOUR ROOM AT NIGHT TIME.

5. TRY NOT TO RELY ON SCREENS TOO MUCH TO KEEP THE KIDS AMUSED.

6. CHAT TO YOUR CHILD ABOUT WHAT THEY DO ONLINE AND ENCOURAGE THEM TO USE THEIR SCREEN TIME FOR LEARNING.

7. PICK ONE EVENING A WEEK WHERE YOU DO A FAMILY ACTIVITY TOGETHER, WHETHER IT'S MOVIE NIGHT OR GAMES NIGHT.

8. DON'T HAVE SCREENS ALWAYS ON IN THE BACKGROUND. TURN OFF TVS AND COMPUTERS WHEN NOT IN USE.

9. FINALLY, JOIN IN, SET SOME TIME ASIDE TO PLAY YOUR CHILD'S FAVOURITE COMPUTER GAME AND DISCOVER THE ONLINE WORLD TOGETHER.

HOW MUCH IS TOO MUCH?

Unfortunately – there is no magic number, children use their devices and computers for lots of different reasons – to learn, to play, and to socialise. The most important thing is to set clear rules on screen time and set a good example, if you are concerned your child is spending too much time online.