



REDUCE SCREEN TIME FOR YOUR CHILD

Digital Detox: A Guide to Limiting Screen Time for Your Child

YOU'RE YOUR CHILD'S FIRST INFLUENCER.
JOIN THE MOVEMENT. #LIMITSCREENTIME

Connecting with Parents Series
Xishan Primary School



Cut Down Screen Time: Boost Your Child's Well-Being



**Simple tips to help
limit screen time.**

As parents, you can inspire your children to adopt healthy habits by making healthier choices yourselves. Be it by eating well, managing your screen time, sleeping better or even practising self-care, you can influence them in a positive way starting today!



Make Healthy Screen Time Your Family's Culture

Be a role model and practise healthy screen time together as a family.



#1 Keep to the limits as a family

Mindless scrolling and passive viewing can take up a lot of time. Your child observe you and might ask for screen time too.

You can involve your child in setting rules for the family, such as time limits. Once the rules are set, reinforce them consistently.

Steps to limit screen time

Make rules about screen use

You can do this by encouraging your child to:

- use a timer to set breaks
- do something active when the timer ends, like play outside
- make use of natural breaks in screen time
 - for example, encourage your child to do a victory dance when they finish a level in a game.



Avoid screen time before bed

Using screens before bed can affect how quickly your child falls asleep. If your child avoids mobile phones, tablets, computer screens or TV in the hour before bed, your child is likely to get to sleep more quickly.

Steps to limit screen time



Aim for short screen time sessions

You can do this by encouraging your child to:

- use a timer to set breaks
- do something active when the timer ends, like play outside
- make use of natural breaks in screen time – for example, encourage your child to do a victory dance when they finish a level in a game.

Keep screens out of bedrooms at night

If you keep mobile phones and other devices out of your child's bedroom at night, your child won't be able to stay up late playing games or messaging friends. This can also stop your child being disturbed in the night by messages or notifications.

Do you know what your child is doing and who he or she is interacting with on social media? If you don't, you're not alone. Here's how you can get to the bottom of it all: Parental Control Software!

Parental Control Software are applications, features or software that allow you to monitor and limit what someone does online. In the past, features were mainly blacklisting websites and checking your children's searches. Today, it has evolved into tools that allow parents to monitor what your children are up to, control or schedule screentime, and even track the locations of their children's smartphones – all simply by logging in to your Parental Control Software account.

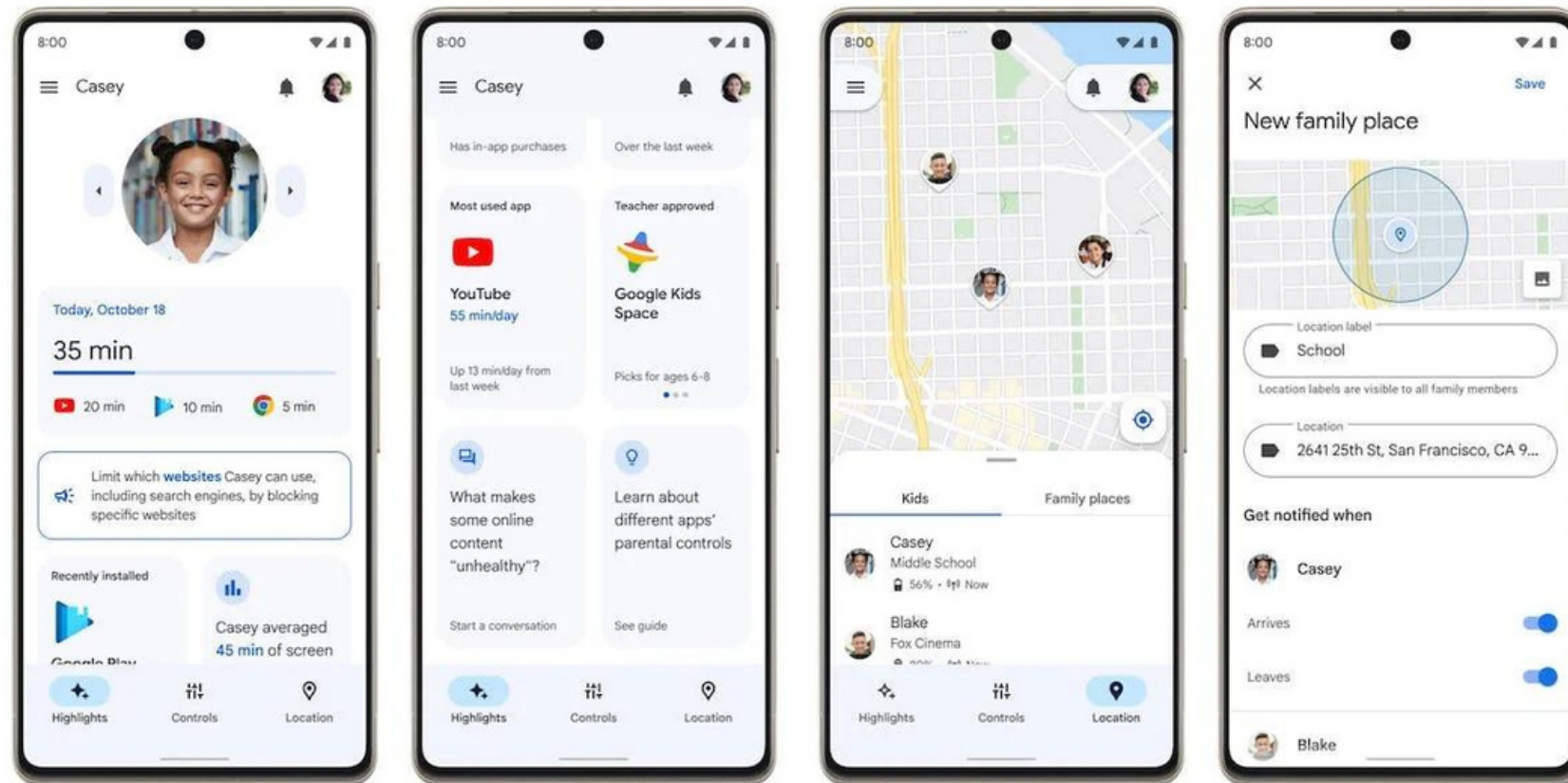


Google Family Link

Available on Android, Windows.

Excellent free option and possible complement to your primary parental control app

<https://families.google/familylink>



#2 Create shared experiences

Sometimes, you may use devices for learning and educational purposes. Instead of leaving your child alone to use the device and using your own device concurrently, choose what to watch and co-view together.

Turn it into a shared experience by asking your child about what he or she sees and hears. It can be a teaching moment as you explain what's on the screen and how it relates to you, the family, and the world around them.



#3 Have fun together, without the screens!



It is the weekend and all you want to do is to turn on the television, sit back and relax. Instead of making that the default activity during your free time, you can also aim to have weekly screen-free activities that are enjoyed as a family.

This way, your children learn from a young age that there are other things to occupy themselves instead of using devices. Make time for free play, go outdoors, read books, solve puzzles or make friends at the playground instead.

#4 Get Sufficient Sleep as a Family

Establish a consistent and fun routine that your children will look forward to.

It all starts with you: daddy and mummy! When it is bedtime, you can wind down together by putting your devices away, then brush your teeth.

Reading can be a good way for you to relax too. Get your little ones to join in or let them select the storybooks that they want you to read to them. Next, you can tuck your children into bed or cuddle with them.

