

Tips on healthy  
screen use for  
your family!



## **M**anage Your Child's Screen Use

- Consider the needs of your child when setting boundaries of screen use as a family. Discuss with your older child where necessary.
- Have a plan that balances screen use with other activities.

## **M**odel Healthy Media Habits

- Review your own media habits.
- Encourage daily 'screen-free' times, especially during family meals or when interacting with one another.

## **M**eaningful Screen Use

- Discuss with your child about what he/she is viewing.
- Prioritise active screen use that engages your child over passive screen use that does not require him/her to think or interact.

### 0 to 18 months



- Discourage any screen use (unless it is for interactive video chatting) because the early years are a critical period for your child's brain development.

#### AVOID...

- ✗ Background screen use (i.e. having devices turned on in the background even when your child is not watching them)

### 1.5 to 6 years



- If your child is aged between 1.5 to 3 years, try to limit screen use to less than one hour a day.
- Carefully choose age-appropriate and educational content for your child.
- Watch media together with your child, and talk to your child about the content to keep him/her engaged

#### AVOID...

- ✗ Screen use during mealtimes and one hour before bedtime
- ✗ Background and passive screen use (i.e. screen use without thought, interaction or learning)

### 7 to 12 years



- Discuss with your child and create a timetable that strikes a healthy balance between screen use and other activities such as school work, physical exercise and sleep.
- Have discussions about harmful influences of online activities with your child. Take appropriate steps if your child has difficulty regulating screen use.

#### AVOID...

- ✗ Screen use during mealtimes and one hour before bedtime