

Balancing Your Child's Screen Use:

Ages 7-12

What parents need to know about screen time

An Introduction to Appropriate Screen Use

Support your child in achieving a screen time balance for studies and entertainment. Learn how to make the most of your child's screen experience, limit excessive use, and promote healthy screen habits.



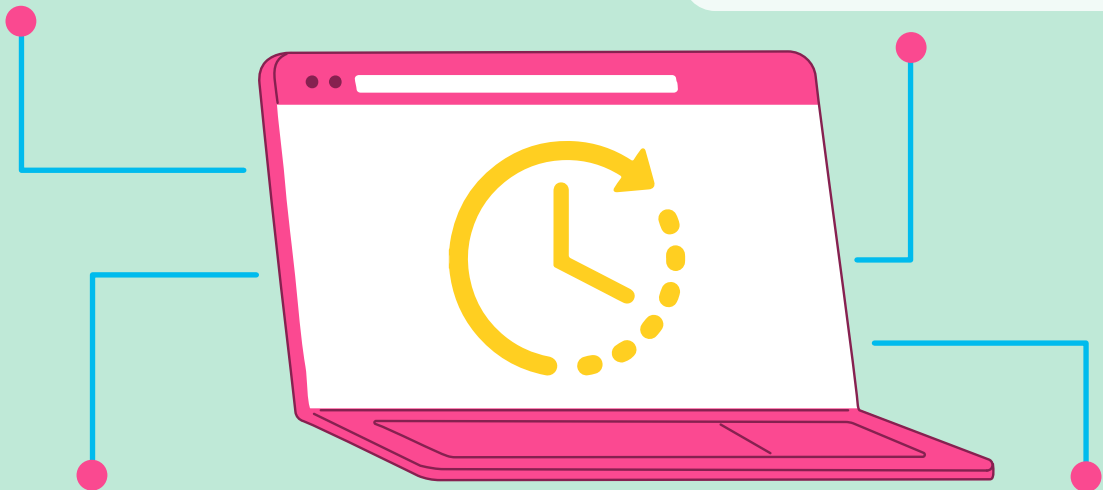
4 Tips to Maximise Your Child's Screen Time

Use Technology for Learning

Encourage your child to learn independently at home using the same online learning tools from their school.

Encourage Hobbies with Technology

Boost your child's creativity and keep them engaged in creative apps or websites that are designed for learning music, digital art, or other hobbies.



View and Enjoy Content Together

Watch and discuss online content together, especially with younger children. This helps you monitor your child's online experiences, improves their critical thinking, and strengthens your parent-child bond.

Talk About Online Safety

Start with topics like protecting personal information online, recognising online threats, and being respectful in online interactions.

Consider reading reviews and trying the app yourself before deciding whether to introduce it to your child.



How Excessive Screen Time Can Affect Your Child

Prone to frequent headaches



Aches in the neck, fingers or wrists



Higher chances of eye problems, like myopia, eye strain, and dry eyes



Impact on school performance: lateness, lower scores, late homework



Difficulty sleeping peacefully at night



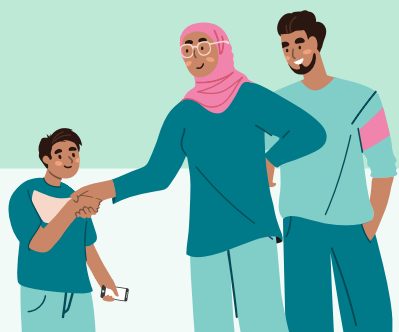
Losing touch with the real world, preferring virtual friends and online activities



6 Tips to Balance Screen Use for Your Child

1 Agree on Screen use

Discuss and agree on screen time rules and expectations. Write down what you have agreed on and enforce them.



2 Lead by Example

Be a good Role Model. Let your child see you use technology responsibly.



3 Introduce a Countdown

Help your child "switch off" more easily by giving them a heads-up, such as a 5-minute reminder.

4 Monitor and Limit Screen Time

Know your child's daily screen time. Set clear limits using **MOH's recommended guidelines**.



5 Promote Self-control

Encourage responsible screen use. Speak firmly but avoid forcefully removing or turning off devices when the agreed time is up as that might backfire and lead to a breakdown in parent-child communications.

6 Take a Break from Tech

Share screen-free moments as a family. Put away devices during meals and bond with your child through offline activities.



Finding the right screen balance for your child might take some trial and error. Start by including technology in their learning and hobbies, getting involved in their screen activities, setting clear usage rules, and leading by example. Your patience and efforts will help build healthy screen habits for the future.

Visit www.digitalforlife.gov.sg for more tips on parenting in the digital age.

