Ages 0-6

Making the Most of Your Child's Screen Time:

What parents need to know about screen use

An Introduction to Balancing Screen Time

In this digital age, screens are a big part of our lives. When introducing your child to screen use, keep in mind the potential risks that they might face. Support your child's screen use with educational and positive content, and learn how you can make the most of their screen time while managing the possible risks of excessive use.

5 Tips to Choose Appropriate Content

Choose Age-Appropriate Content
Ensure the content is suitable for your child's age.

Uphold Your Family's Beliefs
Look for content that emphasises the values you want your child to embrace.

Pick Positive Content
Choose content that instils positive character traits, respects different opinions, and avoids stereotypes.

Review the Format
Opt for interactive and engaging activities over passive formats such as videos to encourage the development of crucial skills.

Choose Reliable Content
Look for information that values facts, like the fact that the Earth orbits the sun (and not the other way around!)
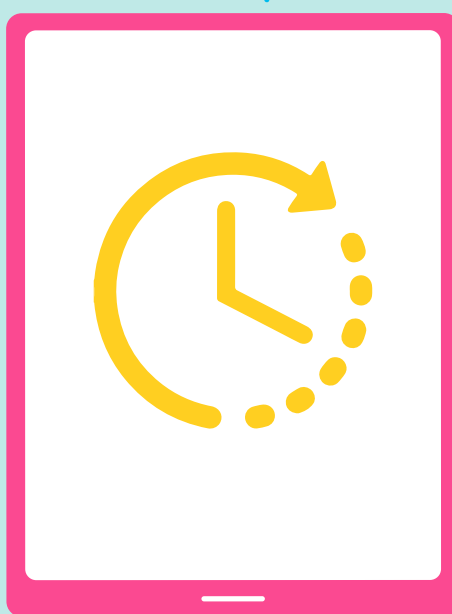
Consider reading reviews and trying out the app yourself before deciding whether to introduce it to your child.

How Excessive Screen Time Can Affect Your Child

- Slower language development and shorter attention span
- Difficulty sleeping peacefully at night
- Higher chances of developing myopia, eye strain, and dry eyes
- Prone to frequent headaches
- Increased risk of obesity
- Struggles with mental health and well-being

5 Tips to Manage Your Child's Screen Time

1 Lead by Example
Be a Role Model and show them that there are plenty of fun things to do without screens.

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

3 Monitor and Limit Screen Time
Know your child's daily screen time. Set clear limits using **MOH's recommended guidelines.**

4 Promote Self-control
Encourage your child to learn self-control when it's time to put their devices away. Be patient because they might not always get it right at this age.

5 Take a Break from Tech
Spend screen-free moments as a family. Put away devices during meals and have some offline fun like going to the park or playing board games.

Make the most of your child's screen time through positive and educational content and a healthy balance of screen time and physical activities to minimise the risks of excessive screen time.

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