

Seek Out Alternatives to Screen Time

Swap out screens for toys and activities to prevent excessive screen time.
Ensure you choose age appropriate toys and activities for your little ones.

Here are some tips for a safe play time.

Toy safety tips all parents should know:

- ✓ Read the safety labels on toys and follow instructions.
- ✓ Only allow your child to access age-appropriate toys.
- ✓ **Avoid magnetic balls, and toys with flying/spinning devices, string/cords, sharp edges, movable/detachable parts, toys made of flammable/fragile material, that are unstable, that fly/dart, that are too small or are potentially hazardous or broken.**
- ✓ Test the toys out before allowing your child to play with them.
- ✓ Ensure button batteries are securely attached and keep any spare button batteries out of your child's reach.
- ✓ Ensure toys are stored properly after play to prevent falls.



Alternative Fun Activities:



- Reading/writing (Under good lighting while sitting up. Ensure books have large prints).
- Drawing/painting.
- Craft work.
- Outdoor play.

- **If screen time is necessary, ensure that you:**

Limit your child's screen time

- **<18 months old:** Screen use is not recommended unless it is for interactive video chatting.
- **18 months - 6 years old:** Limit screen use to less than one hour a day outside school.
- Do not turn on the screen if not watching content.
- Have your child watch TV at an appropriate distance.
- Have good lighting and reduce the monitor's glare.
- Have your child take frequent breaks.
- Choose educational and age-appropriate content.
- Watch content together and discuss it with your child.



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