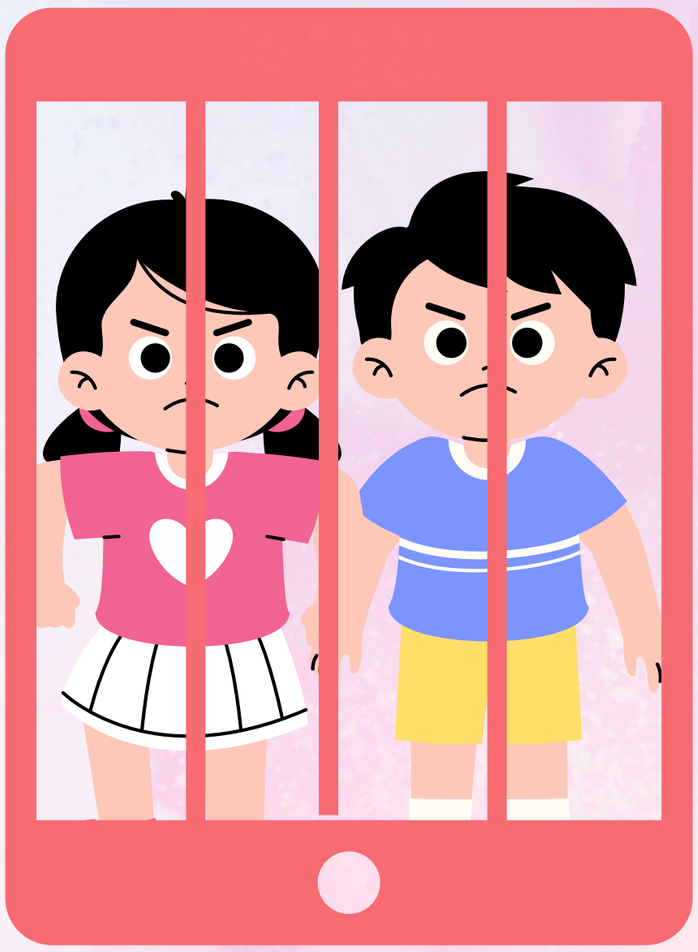
In support of Grow Well SG

Health Promotion Board

Struggling to manage your child's screen use?



By 18–24 months old, about 90% of children engage in daily screen viewing without any adult's co-viewing and interaction

Excessive screen use can affect a child's brain development, language skills and attention span

Setting Boundaries

Under 18 Months	18 Months to 6 Years	7–12 Years
No Screen Use *unless for interactive video chatting*	**Limit Screen Use <1hr daily** *outside of school* (1 hr)	**Limit Screen Use <2hrs daily** *unless related to school work* (2 hrs)

Here's how you can ace it:

Under 18 Months

Do not give any screen time and do not turn on the TV in the background.

Engage your child in-play with age-appropriate toys and encourage independent play.

Click here for more activities

18 Months to 6 Years

Do not use screens to occupy or distract your child and no screens during meals and 1 hour before bedtime.

Watch educational and age-appropriate content with your child. While or after watching, discuss the content with your child.

Click here for more tips

7–12 Years

Do not give your child access to social media and mobile devices with unrestricted access to internet and applications.

Create a screen use plan together. Use parental control settings and check content ratings. Talk to your child regularly on what they are viewing and offer advice.

Click here for more details

you've got this!

Developed by local paediatricians, academics and representatives from ministries and agencies.
For more information, refer to Guidance on Screen Use in Children at go.gov.sg/moh-screenadvisory