

# FOUR EASY WAYS TO MANAGE YOUR CHILD'S SCREEN USE

## 1 HAVE AN OPEN CONVERSATION WITH YOUR CHILD

Instead of jumping into rules, start by showing interest in their favourite games or apps.

Can you share with me what your favourite game or app is?

Sure! Look at this.



## 2 LET YOUR CHILD LEARN ABOUT BALANCE

Use this opportunity to talk about balance in life, showing how too much of screen time can take away from activities vital for mental well-being.

Notice how daddy and mummy put our devices away during certain times? Do you know why?

Hmm, why?



Let me explain...



## 3 COLLABORATE WITH YOUR CHILD

Involve your child in setting screen-use rules. Create a plan together that includes family activities, outdoor play, and limited screen use.

I get tired when I spend too much time looking at screen. What about you?

Sometimes my eyes will start hurting a little.



Let's spend less time on our digital devices and plan some screen-free activities to do each day, so that we won't feel this way.



## 4 BE YOUR CHILD'S SHINING EXAMPLE

Your child learns by observing you. Be your child's first influencer when it comes to balanced screen use.

I don't want to watch videos on the tablet during dinner.

Oh? Why do you say so?



Because you don't, so I don't want to either.



Even if you might not get it right immediately, there is no need to feel pressured. Parenthood is a journey, not a sprint. You will get there, step by step.

you've g  t this!