DIGITAL FOR LIFE
PLAY IT FORWARD

Ages 7 and above

A Guide to Balancing Your Child's Screen Use

Three Ways to Manage Your Child's Screen Use (Before It Gets Unhealthy):

- 5 tips to introduce a positive digital experience
- Know how excessive screen use can affect your child
- Learn 6 essential tips to balance your child's screen use

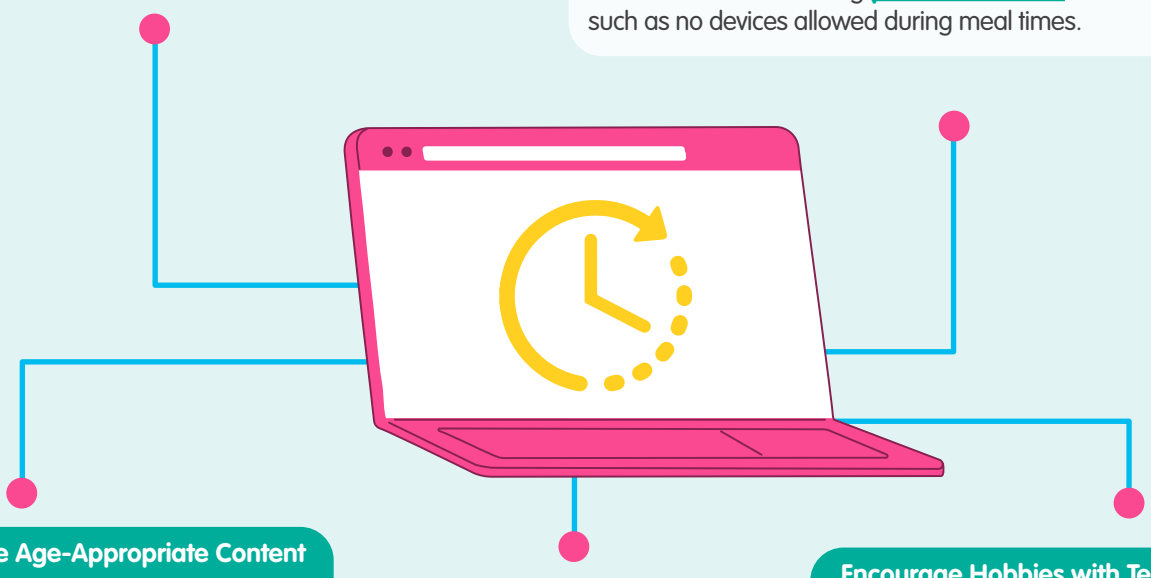
5 Tips to Introduce a Positive Digital Experience

Talk About Online Safety

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

Set Rules on Screen Use

Set screen use limits using parental controls and rules such as no devices allowed during meal times.



Curate Age-Appropriate Content

Ensure your child is exposed to content suitable for their age. Refer to IMDA's media classification database and Common SenseMedia.org for ratings and reviews of a wide range of media.

Watch Content Together

Watch and discuss content together. This helps you to monitor your child's online experiences, guides their critical thinking, and strengthens your parent-child bond.

Encourage Hobbies with Technology

Boost your child's creativity and keep them engaged in creative apps or websites designed for learning. Start with these coding or content creation apps and websites.

Before introducing an app to your child, always read the reviews and try it yourself first.

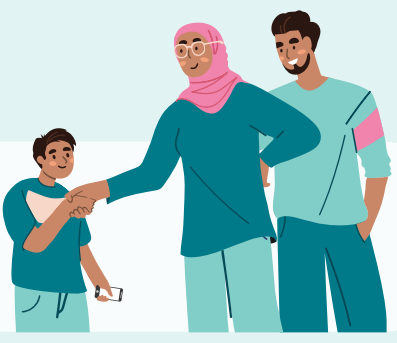
How Excessive Screen Use Can Affect Your Child

- 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
- Increased risk of obesity with a sedentary lifestyle
- Struggles with mental health and well-being, especially if they are introduced to social media at a young age and without guidance.

6 Tips to Balance Screen Use for Your Child

1 Agree on Screen Use

Discuss and agree on screen use rules and expectations using a family tech agreement. Set clear limits based on MOH's Guidance on Screen Use.



2 Maintain a Healthy Lifestyle

Guide your child towards a healthy and balanced lifestyle by promoting physical activity and healthy eating habits.

3 Lead by Example

Be a good role model and use technology responsibly around your child. Remember, your habits set the tone.

4 Monitor and Limit Screen Use

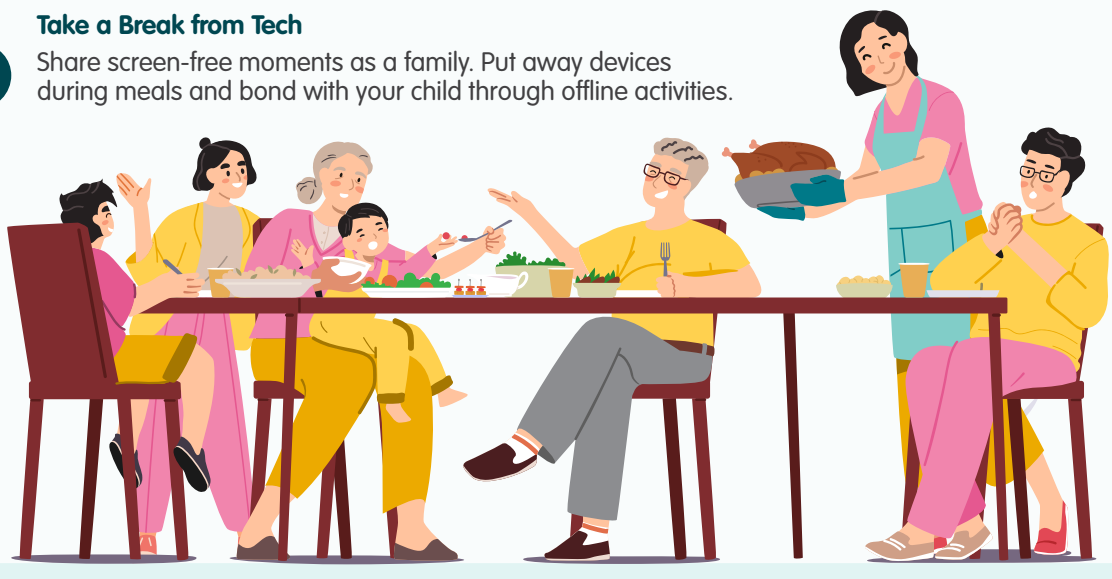
Set your child's daily screen use limits by using parental controls and rules.

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.



Screen use might be an important part of your child's daily routine but once it starts to take over, finding a good balance can be challenging. It may take some trial and error, but building healthy screen habits as a family will make all the difference.

Visit www.digitalforlife.gov.sg for simple tips and tools to keep your child safe online.