Balancing screen time
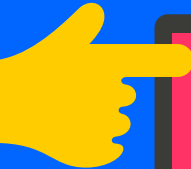
5 top tips to support children and young people

1

Lead by example

Just like anything, **children copy their parents' actions and behaviour**. If you set boundaries for your own screen, it will be easier for your kids to do the same.

2

Set boundaries WITH your kids

Get them involved in the process of setting age appropriate limits on how long they can spend online, at what times and on which platforms. Set up screen-free times or rooms where screens are out of sight and therefore more likely to be out of mind. Review these as they get older and give them the space to take greater responsibility for their screen use.

3

Ensure a healthy mix of screen activity

Make sure they have a good balance of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for passively engaging with content.

4

Avoid using screen time as a reward

This will elevate the status of screen time above other activities and like using food as a reward **may encourage children to simply want more.**
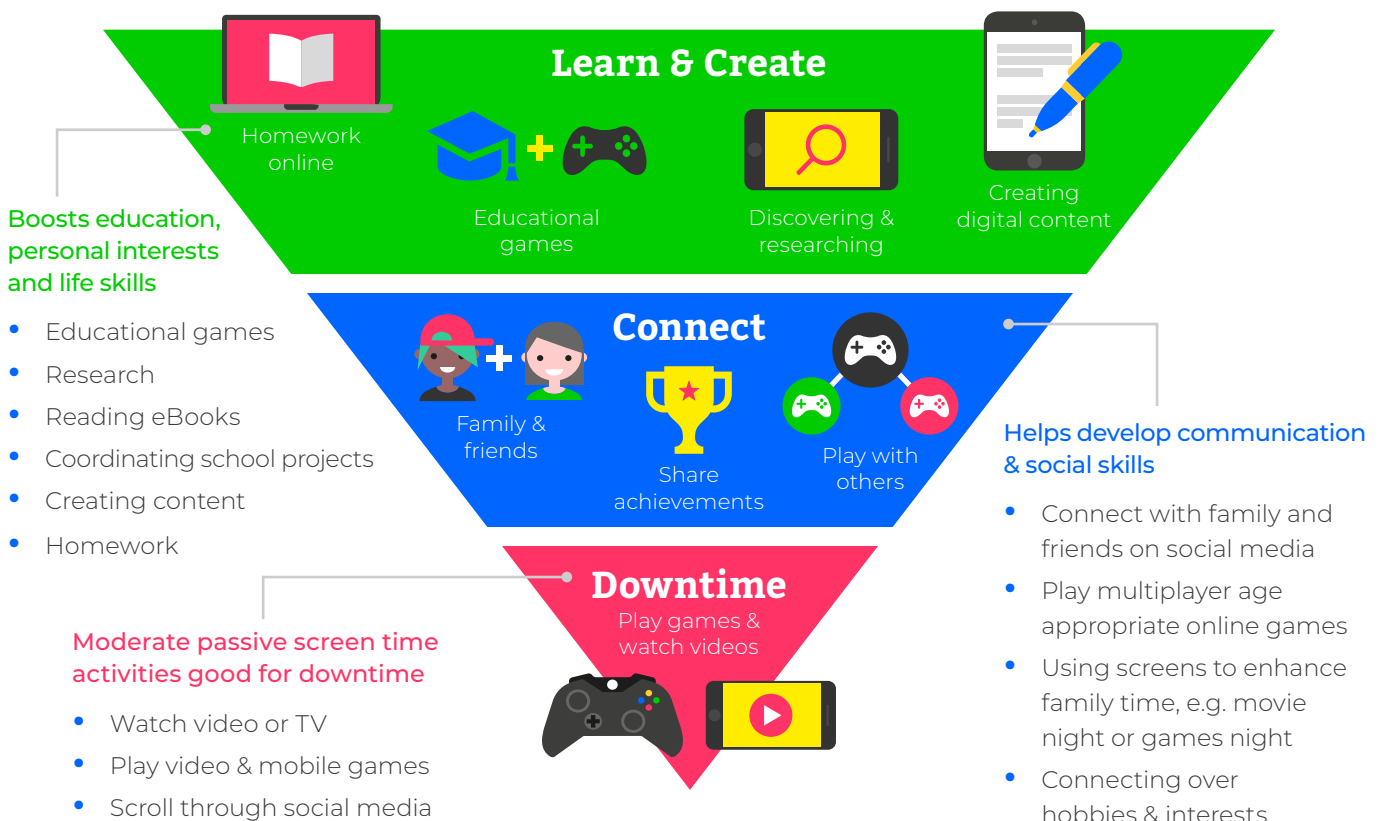
5

Physical activity & sleep are really important

Make sure screens are not displacing these things by keeping screens out of bedrooms at bed time and that you are creating opportunities for your children to be active each day.

Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children **to develop good online habits**. Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.

Learn & Create

Homework online

Educational games

Discovering & researching

Creating digital content

Boosts education, personal interests and life skills

- Educational games
- Research
- Reading eBooks
- Coordinating school projects
- Creating content
- Homework

Connect

Family & friends

Share achievements

Play with others

Helps develop communication & social skills

- Connect with family and friends on social media
- Play multiplayer age appropriate online games
- Using screens to enhance family time, e.g. movie night or games night
- Connecting over hobbies & interests

Downtime

Play games & watch videos

Moderate passive screen time activities good for downtime

- Watch video or TV
- Play video & mobile games
- Scroll through social media