

SCREEN USE TIMER

For 3 to 6 Years Old



Try out the
Screen Use Buddy
today!

Having trouble managing your child's screen use? Introducing a timer can help set healthy limits and give you more opportunities to spend meaningful, quality time together.

A timer can help to manage your child's screen use in a structured way, helps your child build self-regulation and manage screen use responsibly which leads to better health, sleep, focus, productivity, and balance.

To achieve healthy screen use, your child should spend **less than 1 hour of screen use a day** outside school.

Four Tips on Introducing a Screen Use Timer



Explain the importance of using a timer



Agree on the screen use limit with your child and adjust when needed - refer to the guidelines above



Discuss and set rewards for sticking to the time limit



Allow your child to pick the type of timer they prefer and assist them in setting it up (analog clock, digital clock, or mobile phone)

Learn Well With Your Child for a Healthy Start

Create a
Screen Free Zone

Avoid screens during
meals and bedtime

Be a
Role Model

Put away your screens to
do screen-free activities
with your child

Choose
Educational Content

Co-watch educational
and age-appropriate
content

For more information on Screen Use, visit Parent Hub.