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# 3 TIPS

## TO HELP YOUR CHILD MANAGE SCREEN USE

FOR AGES 7 TO 12

### 01 KEEP AN EYE ON THEIR SCREEN USE

Use parental control apps and talk to your child regularly about their online viewing to ensure that they watch age-appropriate content.



### 02 PRIORITISE SLEEP OVER SCREEN USE

Turn off screens one hour before bedtime to prevent blue light from disrupting your child's sleep quality and keep electronic devices away from the bedroom in the evenings.



### 03 STRIKE A BALANCE WITH A SCREEN USE PLAN

Create a plan together that balances physical activities, family bonding, and sleep. Ensure no more than 2 hours of screen use daily, outside of schoolwork.



Visit Parent Hub for more parenting resources.



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