

SCREEN USE TRACKER

For 3-6 Years Old

How to Achieve Healthy Screen Use 😊

- Less than 1 hour of screen use a day outside school.
- Choose educational and age-appropriate content.
- Watch content together and discuss the content with your child.

For more information on Screen Use, visit [Parent Hub](#).



Scan here for the
[Screen Use Buddy](#)



Reward of the Week: _____

	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daily Screen Use Target	Less than 1 hour							
Draw / write the device(s) you use daily	Smart-phone							
Actual Daily Screen Use	45 min							
Have I met my target?	Great Work							

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How to Use the Screen Use Tracker with Your Child



Talk about screen time together

- Discuss your child's current daily screen use and agree on a healthy limit together. Refer to the age-based screen use guidelines stated on the tracker.



Set a shared goal

- Decide on a weekly reward with your child — something meaningful that motivates them.
- Cut out the words of encouragement and paste it on the last row



Keep an eye on screen habits

- Each night before bed, sit with your child to reflect on the day.
- Note their screen time outside school, the devices used, and how they were used.



Celebrate progress

- Acknowledge small wins and improvements. Every screen-free moment is a step towards closer bonds and healthier habits.

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ENCOURAGEMENT CUT OUT

You did
Great!

KEEP
GOING

You did
Great!

KEEP
GOING

You did
Great!

KEEP
GOING

Great
Work

CHALLENGE
YOURSELF

Great
Work

CHALLENGE
YOURSELF

Great
Work

CHALLENGE
YOURSELF

You
GOT
THIS

Excellent!

You
GOT
THIS

Excellent!

You
GOT
THIS

Excellent!

Amazing!

yes
you
can

Amazing!

yes
you
can

Amazing!

yes
you
can

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