

FOUR EASY WAYS TO MANAGE YOUR CHILD'S SCREEN USE

Health Promot Board

1 HAVE AN OPEN CONVERSATION WITH YOUR CHILD

Instead of jumping into rules, start by showing interest in their favourite games or apps.

Can you share with me what your favourite game or app is?

Sure!
Look at this.

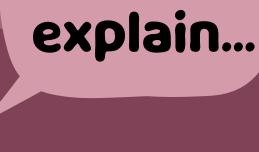
2 LET YOUR CHILD LEARN ABOUT BALANCE

Use this opportunity to talk about balance in life, showing how too much of screen time can take away from activities vital for mental well-being.

mummy put our devices away during certain times?
Do you know why?

Notice how daddy and

Hmm, why?



Let me



plan together that includes family activities, outdoor play, and limited screen use.

screen-use rules. Create a

What about you?

I get tired when I spend too

much time looking at screen.

my eyes will start hurting a little.

Sometimes



Let's spend less time on our digital



Your child learns by observing you. Be your child's

BE YOUR CHILD'S

first influencer when it comes to balanced screen use.

during dinner.

Because you

I don't want to watch

videos on the tablet





Oh? Why do

you say so?

don't, so I don't want to either.

Even if you might not get it right immediately, there is no need to feel pressured. Parenthood is a journey, not a sprint. You will get there, step by step.

you've 9 cot this!

Visit Parent Hub for more useful resources to give your child the best start they deserve.

The information in this infographic has been adapted from <u>Digital for Life</u>.