

# Pressing Pause on Screen Time

Managing your child's screen time is important. Here are some tips on how you can support your child when it comes to changing their screen time habits.



How much screen time can I give my child?

**< 18 months old**

Screen time is not recommended.

**18 months - 6 years old**

Limit screen use to less than one hour a day outside school.



Try these tips to reduce your child's screen time:

- Set rules and stick to them, such as no screens during mealtimes and 1 hour before bedtime.
- Prepare fun alternatives when dining out (e.g. colour pencils, activity sheets) to keep your child occupied while waiting.
- Be a role model by limiting your own device usage, including phone and TV.
- Engage in activities with your child, such as playing interactive board games, reading or going for a walk as alternatives to the screen.



Download **FREE** screen-free activity sheets here.



Tantrums are expected if you are trying to reduce your child's screen time. They may feel frustrated with the changes but here's what you can do:



Keep them occupied by offering them their favourite toy



Provide a change of environment by bringing them out for a quick walk

Be understanding and accepting, try to hold your child firmly until their tantrum passes.



Share these tips with other caregivers too!



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