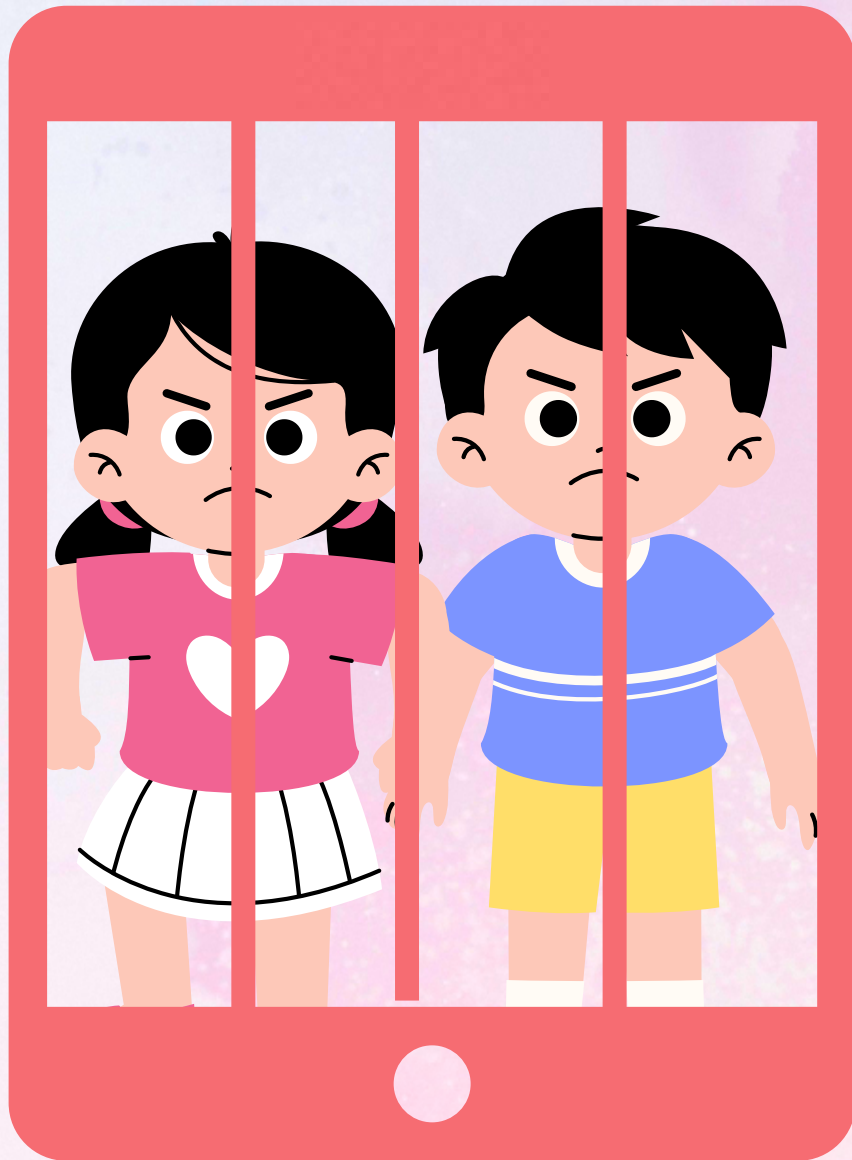


Struggling to manage your child's screen use?



By 18–24 months old, about 90% of children engage in daily screen viewing without any adult's co-viewing and interaction

Excessive screen use can affect a child's brain development, language skills and attention span

Setting Boundaries

Under 18 Months

No Screen Use

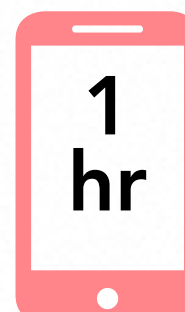
unless for interactive video chatting



18 Months to 6 Years

Limit Screen Use <1hr daily

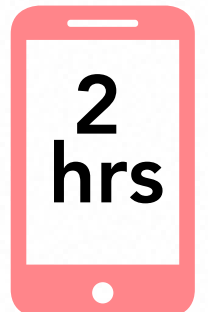
outside of school



7–12 Years

Limit Screen Use <2hrs daily

unless related to school work



Here's how you can ace it:

Do not give any screen time and do not turn on the TV in the background.

Engage your child in-play with age-appropriate toys and encourage independent play.

[Click here for more activities](#)



Do not use screens to occupy or distract your child and no screens during meals and 1 hour before bedtime.

Watch educational and age-appropriate content with your child. While or after watching, discuss the content with your child.

[Click here for more tips](#)



Do not give your child access to social media and mobile devices with unrestricted access to internet and applications.

Create a screen use plan together. Use parental control settings and check content ratings. Talk to your child regularly on what they are viewing and offer advice.

[Click here for more details](#)



you've got this!