

SCREEN USE TRACKER

For 7-12 Years Old

How to Achieve Healthy Screen Use 😊

- Less than 2 hours of screen use a day, unless related to schoolwork.
- Use parental control settings and check content ratings to ensure content is age appropriate.
- Talk to your child often on what they are viewing online.
- Offer advice regularly

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 2 hours							
Draw / write the device(s) you use daily	Laptop							
Actual Daily Screen Use	1hour 45 min							
Have I met my target?								

SCREEN USE TRACKER

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.

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

you've
9♥t
this!



SCREEN USE TRACKER

ENCOURAGEMENT CUT OUT

You did
Gréat!

KEEP
G*ING

You did
Gréat!

KEEP
G*ING

You did
Gréat!

KEEP
G*ING

Gréat
Work

CHALLENGE
YOURSELF

Gréat
Work

CHALLENGE
YOURSELF

Gréat
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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