



SCREEN USE TIMER

For 7 to 12 Years Old

Excessive screen use takes time away from important activities like sleep and exercise for your child.

A timer can help to manage your child's screen use in a structured way, helps your child build self-regulation and manage screen use responsibly which leads to better health, sleep, focus, productivity, and balance.

Keep your child's total screen use to **under 2 hours a day**, excluding schoolwork, to achieve healthy screen use habits.



Try out the
Screen Use Buddy
today!

Four Tips on Introducing a Screen Use Timer



Explain the importance of using a timer



Agree on the screen use limit with your child and adjust when needed - refer to the guidelines above



Discuss and set rewards for sticking to the time limit



Allow your child to pick the type of timer they prefer (analog clock, digital clock, or mobile phone) and encourage them to set it up themselves

Learn Well With Your Child for a Healthy Start

Have
Conversations

Discuss online
experiences

Be a
Role Model

Put away your screens to
build stronger bonds
through screen-free fun

Check content
ratings

Ensure age-appropriate
content and do not give
access to social media

For more information on Screen Use, visit Parent Hub.