



CREATE YOUR OWN CLOCK

Sometimes your child may ask for screen time. How about discussing with them on how much screen time they could have each day, and when should they have it?

Instructions

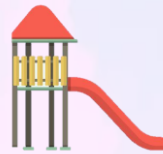
1. List out your daily activities
2. Use different colours to represent each activity
3. Assign the duration for each activity using the clock illustration in the next page
4. Draw a line from the middle dot to the corresponding number
5. Colour the clock face

Screen Time Recommendations

3-6 years old

Limit recreational screen time to less than 1 hour

Here are some screen free activities to enjoy as a family



Play a game of catch at the playground



Play boardgames



Create your own artpiece



Read a book together



Enjoy a variety of sports and Parent-Child activities with [Active Family Programme](#) for free!



Learn the ins and outs of raising a healthy child at [PARENT HUB](#).

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Screen-free clock

I will have more screen-free play time at home or outdoors, and spend less than 1 hour of screen time a day.

