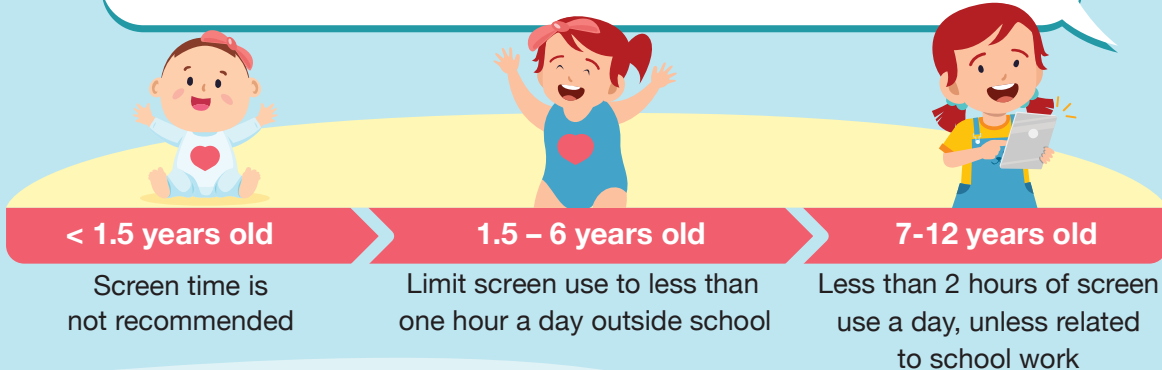


Manage Your Grandchild's Screen Time

Too much screen time can affect your grandchild's development

How much screen time should your grandchild have?



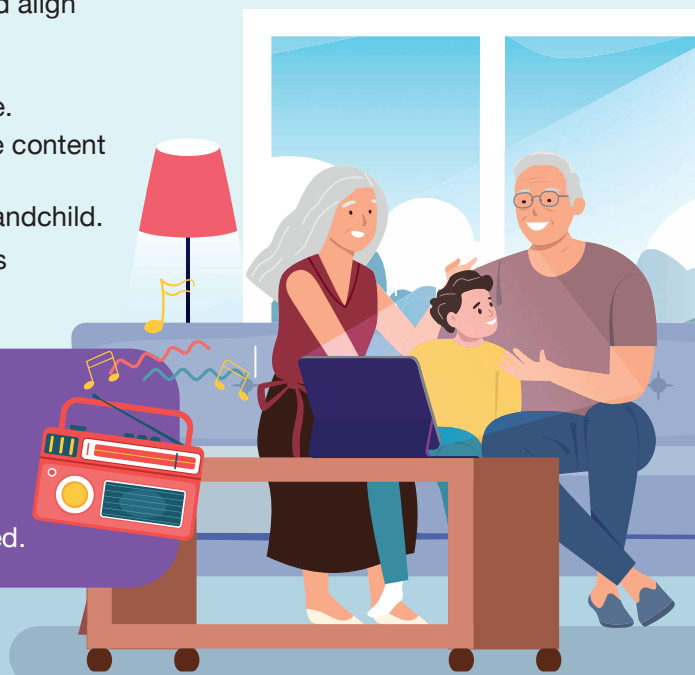
As grandparents, you can also play your part in managing their screen time. Here are some ways:

Set rules... and keep to it!

- Discuss with their parents to understand and align with their rules for screen time usage.
- Do not offer screen time during mealtimes and 1 hour before your grandchild's bedtime.
- Practise active engagement by watching the content with your grandchild.
- Do not use screens just to entertain your grandchild.
- Watch and discuss educational programmes with your grandchild.

Bonus tip:

No television and screens with content should be played in the background when your grandchild is around and not watching. Play some music instead if desired.



Scan for a quiz to find out how well you know about screen time!
go.gov.sg/grands-quiz-screentime