

# Making the Most of Your Child's Screen Time:

Ages 0-6

What You Need to Know About Screen Use

## An Introduction to Balancing Screen Time

In this digital age, screen use refers to the amount of time we spend looking at devices such as computers, smartphones, and televisions. When introducing your child to screen use, keep in mind the potential risks that they might face. Support your child's screen use with educational and positive content, and learn how you can make the most of their screen time while managing the possible risks of excessive use.

## 5 Tips to Choose Appropriate Content

### Choose Age-Appropriate Content

Whether it is videos or games, ensure that the content is suitable for your child's age.

### Uphold Your Family's Beliefs

Look for content that emphasises the values you want your child to embrace, such as respect or empathy.

### Pick Positive Content

Choose content that instils positive character traits, respects different opinions, and avoids stereotypes.

### Review the Format

Opt for interactive and engaging activities over passive formats such as videos to encourage the development of crucial skills.

### Choose Reliable Content

Look for information that values facts, like the fact that the Earth orbits the sun (and not the other way around!)

Consider reading reviews and trying out the app yourself before deciding whether to introduce it to your child.

## How Excessive Screen Time Can Affect Your Child

Slower language development and shorter attention span



Prone to frequent headaches



Difficulty sleeping peacefully at night



Increased risk of obesity



Higher chances of developing myopia, eye strain, and dry eyes



Struggles with mental health and well-being



## 5 Tips to Manage Your Child's Screen Time

### 1 Lead by Example

Be a Role Model and show them that there are plenty of fun things to do without screens.



### 2 Introduce a Countdown

Help your child "switch off" more easily by giving them a heads-up, such as a 5-minute reminder.



### 3 Monitor and Limit Screen Time

Know your child's daily screen time. Set clear limits using **MOH's recommended guidelines**.

Remember, for children under 18 months, no screen time is recommended, except for video chatting!



### 4 Promote Self-Control

Encourage your child to learn self-control when it's time to put their devices away. Be patient because they might not always get it right at this age.



### 5 Take a Break from Tech

Spend screen-free moments as a family. Put away devices during meals and have some offline fun like going to the park or playing board games.



Make the most of your child's screen time through positive and educational content and a healthy balance of screen time and physical activities to minimise the risks of excessive screen time.



Visit [www.digitalforlife.gov.sg](http://www.digitalforlife.gov.sg) for more tips on parenting in the digital age.

