

# Manage Your Grandchild's Screen Time

Too much screen time can affect your grandchild's development

How much screen time should your grandchild have?



# < 1.5 years old

Screen time is not recommended



# 1.5 - 6 years old

Limit screen use to less than one hour a day outside school

III



### 7-12 years old

Less than 2 hours of screen use a day, unless related to school work

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



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