

# Seek Out Alternatives to Screen Time

Swap out screens for toys to prevent excessive screen time.  
Ensure you choose appropriate toys for your little ones!  
Here are some tips for a safe play time.

## Toy safety tips all parents should know:

- ✓ Read the safety labels on toys and follow instructions.
- ✓ Only allow your child to access age-appropriate toys.
- ✓ Avoid magnetic balls, and toys with flying/spinning devices, string/cords, sharp edges, movable/detachable parts, toys made of flammable/fragile material, that are unstable, that fly/dart, that are too small or are potentially hazardous or broken.
- ✓ Test the toys out before allowing your child to play with them.
- ✓ Ensure button batteries are securely attached and keep any spare button batteries out of your child's reach.
- ✓ Ensure toys are stored properly after play to prevent falls.



## Alternative Fun Activities:



- Reading/writing (Under good lighting while sitting up. Ensure books have large prints).
- Drawing/painting.
- Craft work.
- Outdoor play.

• If screen time is necessary, ensure that you:

### Limit your child's screen time

- **0-18 months old:** Discourage any screen use (unless it is for interactive video chatting).
- **18-36 months old:** Limit screen use to less than one hour a day.
- Have your child watch TV at an appropriate distance.
- Have good lighting and reduce the monitor's glare.
- Have your child take frequent breaks.



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