

Manage Your Grandchild's Screen Time

Too much screen time can affect your grandchild's development

How much screen time can your grandchild have?



0 – 1.5 years old

Screen time is not recommended



1.5 – 3 years old

Up to 1 hour per day



Older children

Set rules on the amount of screen time and what they can watch

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.
- If your grandchild can have some screen time, know what they are viewing.
- Watch and discuss educational programmes with your grandchild.

Bonus tip:

Avoid having the television play in the background when they are around. If you need some entertainment, play the music instead.



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