Project Heads Up!

No screen use during meal times & before bed

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With contributions from:

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In support of:

Grow Well SG
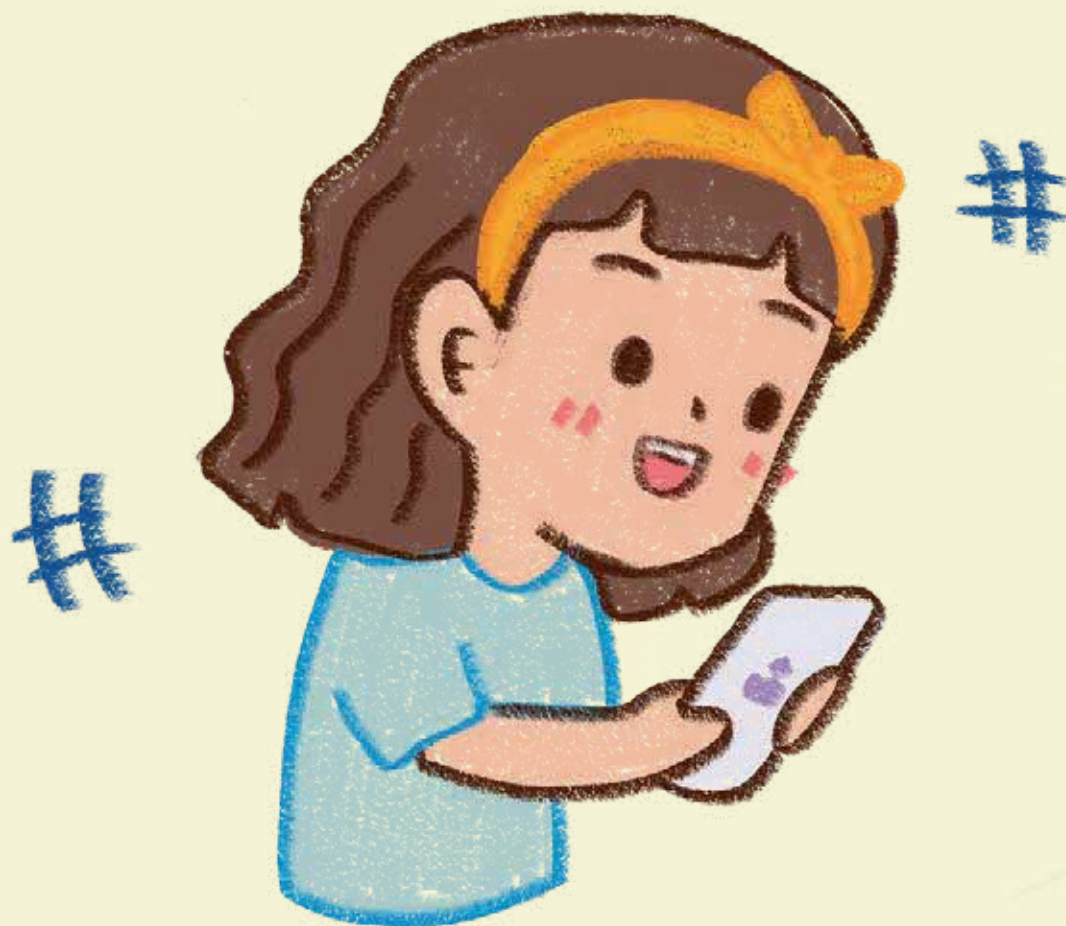
I like to watch cartoons on my parents' phone.
Cartoons make me laugh and make me happy.
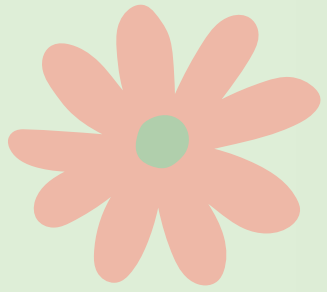
When I eat with my family, I have to put away the phone. This makes me feel upset sometimes, because I want to watch my cartoons instead.

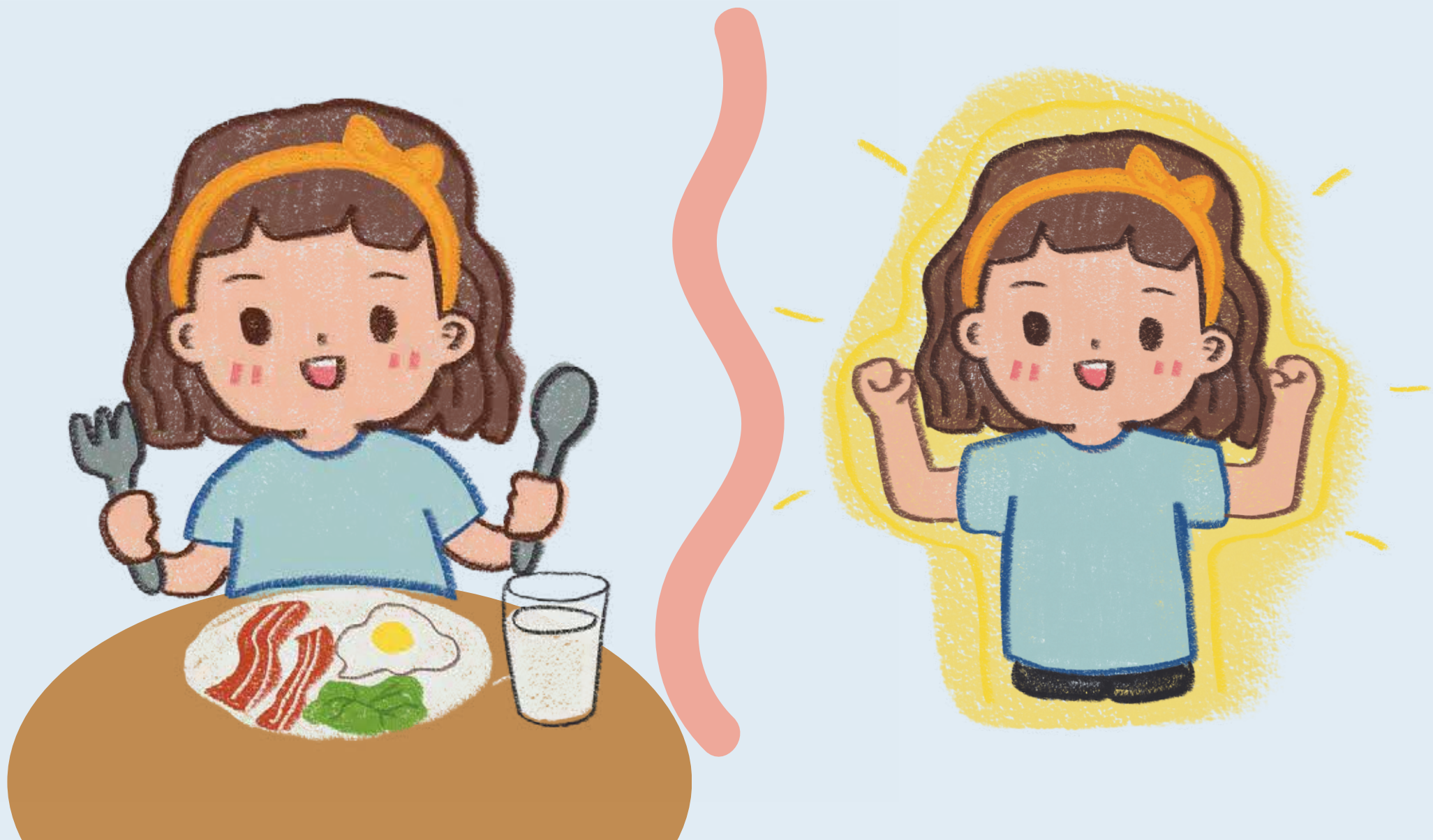But when I put away the phone during meal time, I can concentrate on eating my food. Eating my food allows me to get more energy and grow stronger!

If I put away the phone during mealtimes, I can also chat with my family. Sharing and learning about each other's day allows me to grow closer to my family!
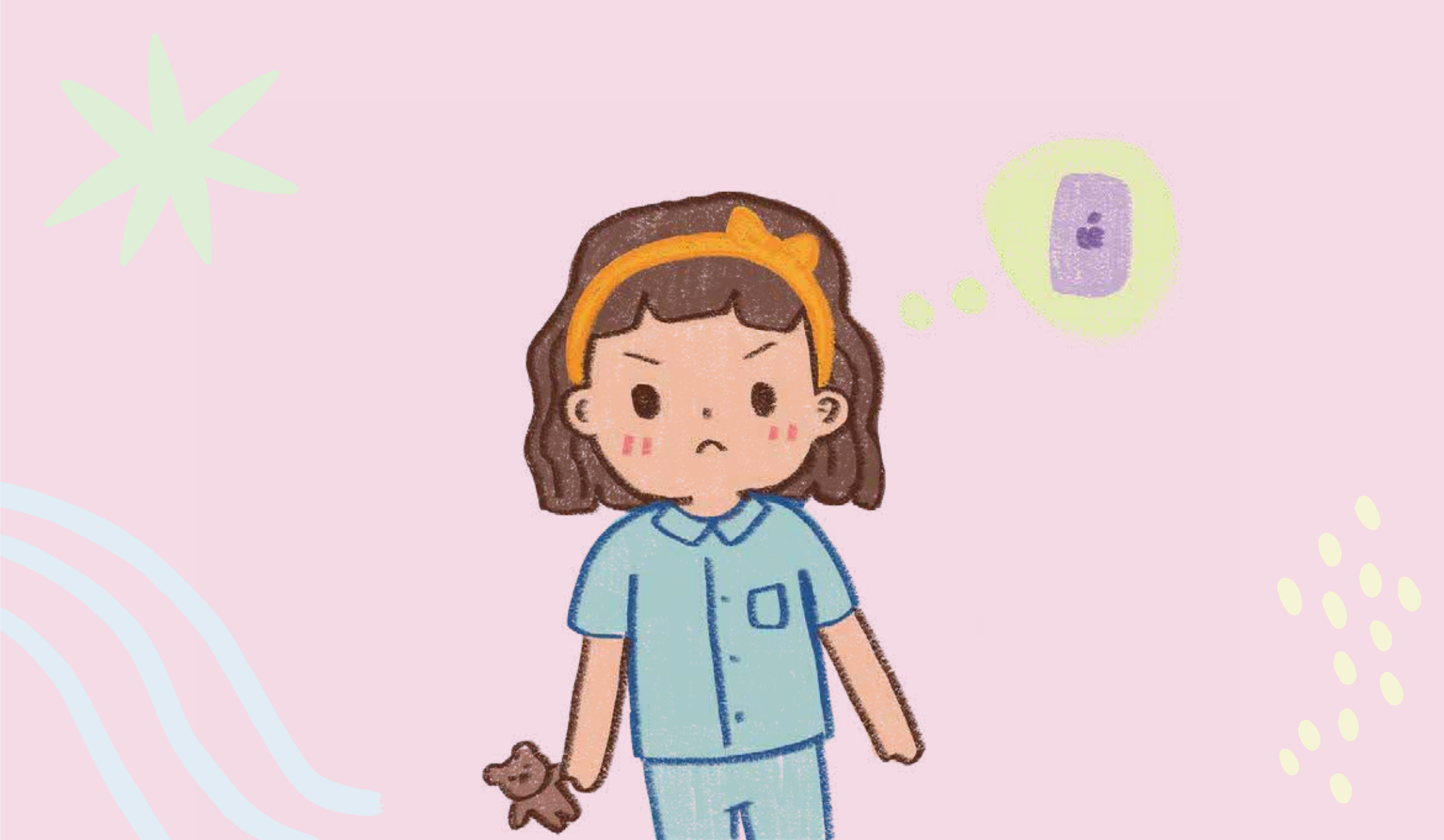
One hour before I go to sleep, I have to put away the phone. I am not allowed to watch cartoons one hour before bedtime. Sometimes, this makes me feel upset.
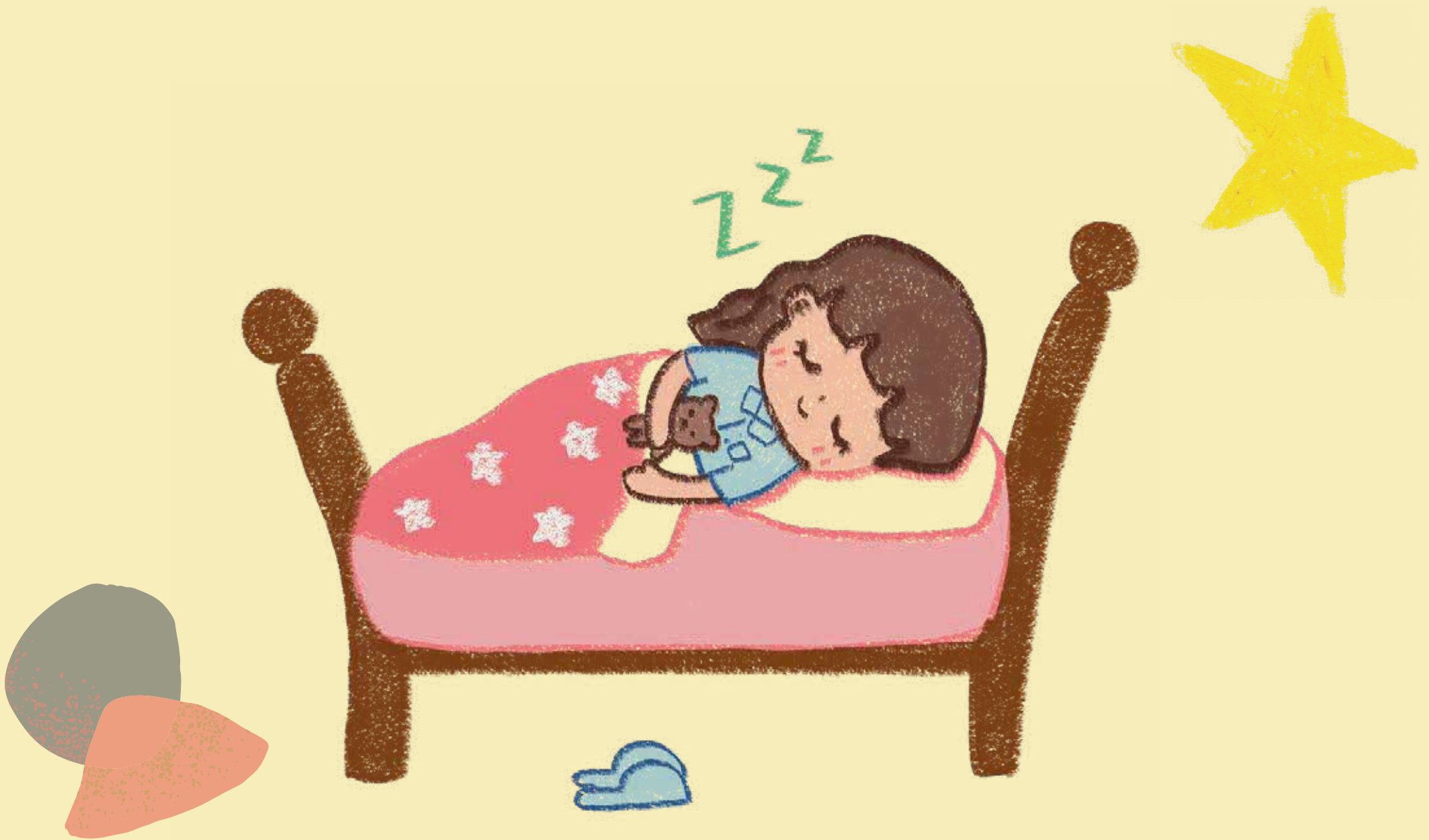
But when I put away the phone one hour before bedtime, I feel more sleepy and can fall asleep faster. If I cannot fall asleep, I can ask my parents to read me a bedtime story.

When I wake up the next day, I feel more refreshed because I had a good night's sleep!
When I feel more refreshed, I have more energy to play with my friends.

Helpful Resources

Poster and Leaflet on Healthy Screen Use in Young Children

tinyurl.com/screenuseinfo

My Screen Free Diary

tinyurl.com/sfdiary

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Project Heads Up

is a student-led initiative that recognises a steady overall increase in screen device exposure leading to excessive use by some children. We call upon the support of both healthcare and non-healthcare organisations and institutions, rallying together to effectively manage screen usage in children. Advocacy campaigns, public awareness activities, and educational materials extend our healthy screen use messages to as many children, parents, and educators as possible. This hopefully facilitates materialisation of our vision of a technologically-integrated world, where appropriate use of screen devices co-exists with traditional games and entertainment to stimulate a young child's development.