

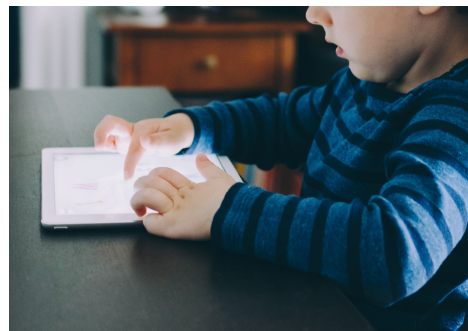
MANAGING SCREEN TIME

Tips for families to reduce screen time

Many families have strategies for managing screen time in the home. We have developed this resource to further support the reduction in screen time.

We will first highlight a few strategies that families can put in place to reduce screen time.

We will then highlight some alternative activities that you can use instead of screen time. Many of these activities can be used during busy times of the day. For example, if parents need to work from home for a period of time, during meal preparation and other household chores.



Set a time frame that your child will understand e.g. three episodes of their favourite show or until the dishes are washed.



Try using the oven timer or an alarm to indicate when it's time to finish on the device. Give a warning before time is up.

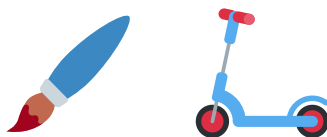


Be a great role model by being active and limiting your use of screens in front of your children.



Create firm boundaries:
Where e.g. at home in the living room only
When e.g. after lunch
How e.g. sight word apps but no YouTube


Designate certain days of the week as 'screen-free' days. Plan a fun activity on these days.




Information sourced from:
[Preschooler screen time: tips for balance | Raising Children Network](#)
[ReducingYoungChildrensScreenTime .pdf \(nsw.gov.au\)](#)
[Guidelines for healthy growth and development for your child](#)

How Much Screen Time is Appropriate?

The Australian 24 Hour Movement Guidelines for screen time states:

 **0 - 2 years**
No screen time

 **2 - 5 years**
Less than 1 hour per day

 **5 - 12 years**
Less than 2 hours per day



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ALTERNATIVE ACTIVITIES TO SCREEN TIME



Age appropriate chores can be a great way to keep kids busy and learn valuable life skills. They might like to:

- sort socks into pairs
- pass clothes or pegs to you when hanging out the washing
- put away their own folded washing
- grab some baby wipes and clean sticky hand prints off the walls



- Give children their own sponge to help wash the car.
- Bring out the bikes and scooters for a wash!
- Grab some old paint brushes and create water paintings on the driveway.
- A clean spray bottle filled with water is lots of fun!



- Have your child set the table while you are cooking dinner.
- Older children may be able to collect ingredients and help prepare some foods.
- Create a menu for the meal and have your child draw pictures of the food.
- Provide a spare pot and wooden spoon to play with.



Let your child help pack away non-breakable grocery items or sort the fruit and vegetables.



Rotate toys, puzzles and books so your child can be excited for the 'new' ones that come out each week!



Instead of screen time being a sedentary activity, why not make screen time:

Active

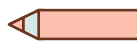
Find some videos that your child can dance along to or some calming yoga moves to wind down.

Educational

Research some great educational apps. Maybe your child would like to learn a few sight words or words in another language?



Gardening is great fun and provides active outdoor time. Children can water gardens, dig for planting and help pull out weeds.



Create a box of art and craft materials that are easy to use and pack away. Your child can help themselves and create amazing art projects.



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