6 TOP TIPS FOR PARENTS

SCREEN TIME



1. RULES

Agree on a clear set of rules in your home about screen time.



2. LEAD BY EXAMPLE

Do as you say! Modelling behaviour is the most powerful way you can influence your childs behaviour



3. PHONE FREE ZONE

Restrict the use of TV's, mobile phones and computers in the bedroom!



4. CHARGING PHONES

Buy an alarm clock for your childs room and charge mobile phones in your room!



5. DIGITAL DETOX

One evening a week have a family digital detox and plan a family activity!



6. JOIN IN

Play your child's favourite computer game and discover the online world together.