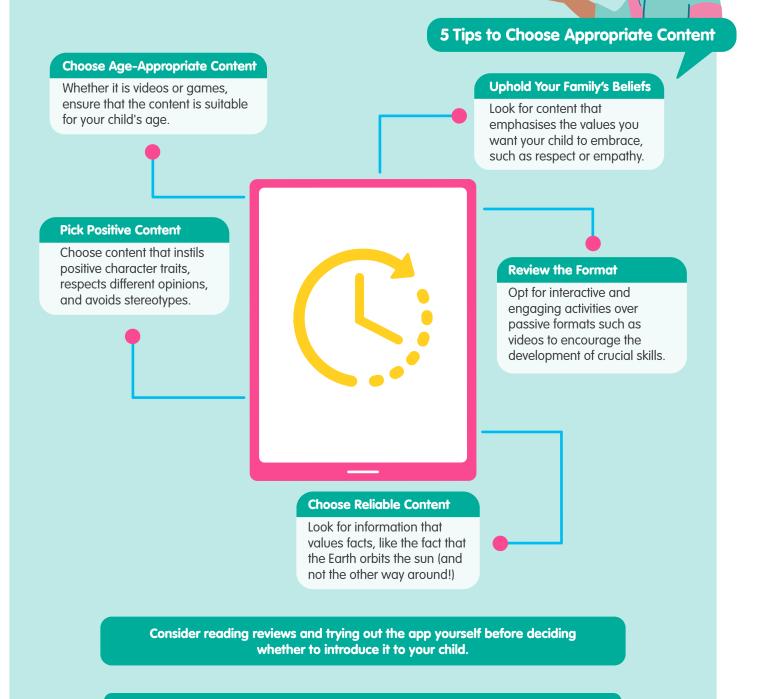


An Introduction to Balancing Screen Time

In this digital age, screen use refers to the amount of time we spend looking at devices such as computers, smartphones, and televisions. When introducing your child to screen use, keep in mind the potential risks that they might face. Support your child's screen use with educational and positive content, and learn how you can make the most of their screen time while managing the possible risks of excessive use.



How Excessive Screen Time Can Affect Your Child



Slower language development and shorter attention span



Higher chances of developing myopia, eye strain, and dry eyes

Prone to frequent headaches

Increased risk of obesity

Struggles with mental health and well-being

5 Tips to Manage Your Child's Screen Time

Difficulty sleeping

peacefully at night

Lead by Example

Be a Role Model and show them that there are plenty of fun things to do without screens.



Introduce a Countdown

Help your child "switch off" more easily by giving them a heads-up, such as a 5-minute reminder.



Monitor and Limit Screen Time

Know your child's daily screen time. Set clear limits using <u>MOH's</u> <u>recommended guidelines.</u> Remember, for children under 18 months, no screen time is recommended, except for video chatting!



Promote Self-Control

Encourage your child to learn self-control when it's time to put their devices away. Be patient because they might not always get it right at this age.



Take a Break from Tech

Spend screen-free moments as a family. Put away devices during meals and have some offline fun like going to the park or playing board games.

Make the most of your child's screen time through positive and educational content and a healthy balance of screen time and physical activities to minimise the risks of excessive screen time.



Visit www.digitalforlife.gov.sg for more tips on parenting in the digital age.