

# TIPS FOR LIMITING YOUR CHILD'S SCREEN TIME



## INVOLVE YOUR CHILDREN WITH HOUSEHOLD CHORES

Rather than use digital media to entertain your child while you get on with chores, involve your child in helping you. They can have their own small mops, brushes and cleaning cloths.

## PRE-RECORD STORIES

For times when you need your child to be occupied, prepare pre-recorded stories that she can listen to. These can be bought or even better, record yourself reading her favourite story!



## HAVE SCREEN FREE MEAL TIMES



Have meal times as screen free. Use this time as an opportunity for the family to talk together.

## GET ACTIVE

Encourage your child to do other activities, especially playing and being outside.



## LIMIT AUTOMATED TOYS

Limit the amount of automated toys your child has. The more that the toy can do, the less your child will use their cognitive skills. Use household objects to explore, create and play with.



## MAKE TV VIEWING ACTIVE

Turn passive TV watching into something active. Watch programmes together and talk about what's happening. Ask open-ended questions and make predictions.

