

Tips for parents, carers and children on screen time



recommends following the tips below so that screen time is balanced with other activities.

Getting a good night's sleep



Everyone needs enough quality sleep, so limit screen access by leaving tablets in another room at bedtime.

School Success



Make sure the whole family is aware of school screen time policies and follows them.

Personal Safety



Make sure your children put their tablets or hand helds away when crossing roads or playing sports. Set an example by doing this yourself.

Family Time



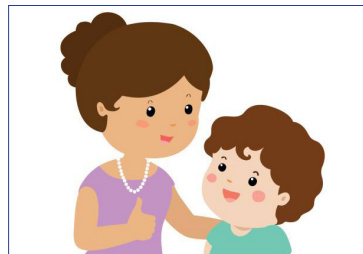
Switch screens off at meal-times to encourage face-to-face interaction and conversation.

Take a Break



Ensure your children take regular breaks when playing on their tablets; a 5-10 minute break for every 50-60 minutes of screen time is recommended*

Talk Together



Be involved with what your children are playing and watching and how they are using their tablet/screen. Good communication can help spot any issues.

Use Helpful Parent Settings



VTech tablets & handheld devices have Time Limit controls which can be used to set the amount of time your child is allowed to play on the device or to mark certain areas of the day as off limits. we recommend this is used.

What to share?



Discuss the type of content you and your children share with family & friends ensuring everyone is happy with it - not everybody wants to share!

Credits:

*<https://www.nidirect.gov.uk/articles/safe-computer-use> <https://www.gov.uk/government/publications/uk-cmo-commentary-on-screen-time-and-social-media-map-of-reviews> images from freepik.co.uk