



Plan screen-free time, like outdoor play, music and sport.



Lead by example
– reduce your own screen time.



Agree on daily screen time limits.
It's not punishment, it's about keeping a balance.



8 tips to keep on top of your child's screen time



Be involved
– watch TV and play games together.



Start with small reductions
to help lessen any resistance.



Use tech tools to manage access, such as parental controls.



Set tech-free zones and times at home
– e.g. all screens off in bedrooms after a specified time.



Resist giving mobile devices to children when going out – take books or toys instead.