

Small Wins in Parenting

Healthy Screen Use Habits

Help your child build healthier
screen habits today!

18 months – 6 years old

Play beyond the screen



1. Choose a room within your view



2. Set a rule: no screens within that room



3. Provide age-appropriate activities like building blocks and puzzles



4. Let them enjoy their alone time

7 – 12 years old

Create a screen use plan together



1. Ask about their favourite screen-free activities



2. Discuss with them the effects of too much screen use



3. Create a schedule that puts screen-free activities first



4. Keep them motivated with encouragement

Check out [Screen Use Buddy](#) to get personalised tips for your child



Or scan
to find
out more