SCREEN TIME

TOP TIPS FOR PARENTS/CARERS

Screen time is a big headache for parents. Whilst many parents want their children to engage with technology, it is important that we ensure that they have a balanced lifestyle and don't have overexposure to devices. Here are some top tips based on evidence from the Chief Medical Officer.

TIP 1 - HAVE A DIGITAL DUSK

Make sure that your children do not use devices in the hour before bedtime. Evidence also shows that using tablets and smartphones in bed can affect sleep patterns.

TIP 2 - BALANCED LIFESTYLE

It is important that children do not become addicted to their devices and are engaged with other healthy activities. In addition, try to limit snacking whilst they are using their tablet or games console.

TIP 3 - TECH FREE MEALTIMES

Ensure that the use of devices does not hinder quality family time and have rules about using tablets and smartphones at mealtimes or when attending social events.

TIP 4 - MAKE TECH RULES

As parents, we need to understand that technology and the internet is an important aspect of their lives, we have to set time limits for their use.

"Children who spend more time than average on screen activities, are more likely to be unhappy, and those who spend more time than average on non-screen activities are more likely to be happy."