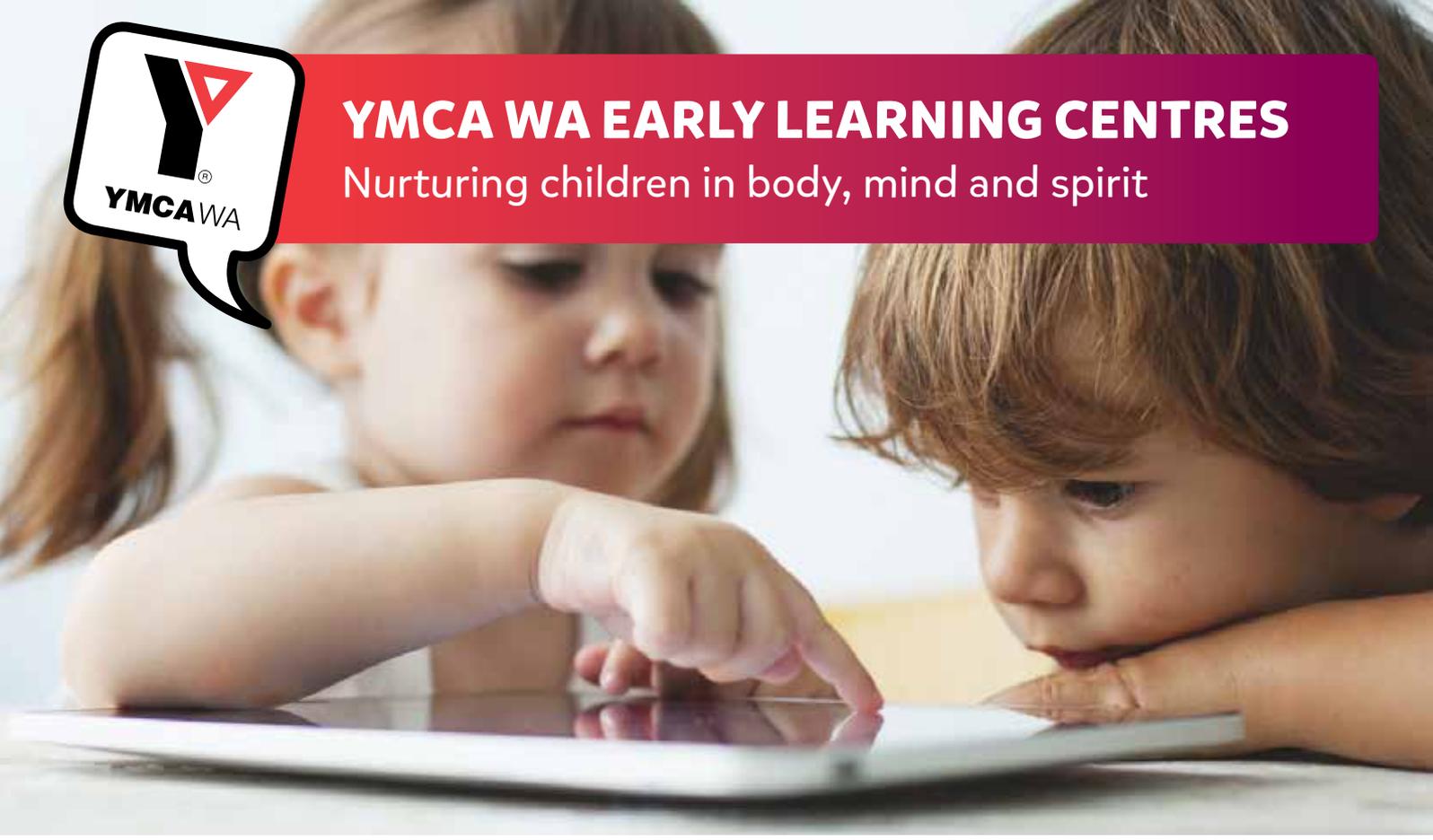




YMCA WA EARLY LEARNING CENTRES

Nurturing children in body, mind and spirit



TIPS TO REDUCE SCREEN TIME

Although unlimited time with electronics may keep your child quiet, too much screen time isn't good.

But setting limits on how much television they watch or iPad games they play isn't always easy.

Here are eight tips that will help you limit your child's screen time to a reasonable, healthy amount.

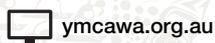
1. **Model healthy electronic use** - It's important to be a role model to your child, including how you use electronics. Remember to set a good example.
2. **Educate yourself on electronics** - Today's children are tech-savvy and catch onto the use of electronics very quickly. Be aware of what they have access to.
3. **Create 'technology free zones'** - Establish zones in your house where you don't allow electronics, like smart phones and tablets. The dining area can be a great zone that is reserved for meals and family time only.
4. **Set aside times to unplug** - Set aside times for the whole family to become unplugged. For example the dinner hour or an hour before bed can be a great opportunity for the family to have quality time together.
5. **Use parental controls** - Use controls that allow you to monitor what your children are doing online and what they're viewing on TV.
6. **Encourage other activities** - And provide necessary resources, such as books to read, games, sporting equipment or art supplies.
7. **Talk to your children about the dangers of too much screen time** - In an age appropriate manner explain how violent games or movies can be harmful and the dangers of online predators.
8. **Make screen time a privilege** - Screen time should be a privilege and not a right. Once you've set a limit on how much screen time is allowed, don't allow your children to earn extra time as a reward. Instead stick to the daily limit and offer other free or low-cost rewards.

References:

<https://www.verywellfamily.com/tips-for-limiting-electronics-and-screen-time-for-kids-1094870>

<https://www.becomingminimalist.com/how-to-limit-your-childs-screen-time/>

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