# Screen tips for kids

Screens have become part of everyday life and they can be useful for learning and entertainment. However, too much screen time isn't good for kids (or adults!).

**95%** of teenagers, **70%** of primary kids & **36%** of preschoolers have their own screen or device.

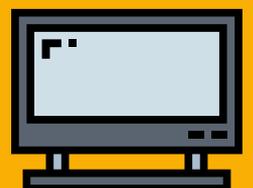## What is screen time?

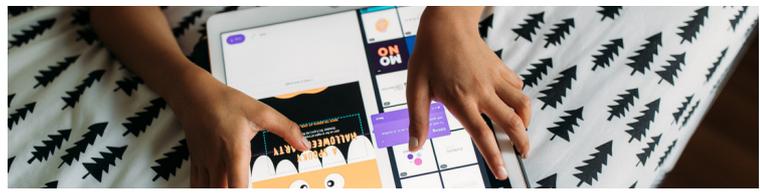Computers & laptops

Video & hand-held games

Mobile phones

iPads & other tablets

TV & big screens

# Why is it a problem?

Kids who spend too much time infront of a screen are more likely to:

**Put on excess weight**

**Have trouble sleeping**

**Not get enough physical activity**

**Snack on unhealthy foods**

**Lose focus at school**

**Have mental health concerns** e.g. anxiety, depression, aggression

## How can we make screen time as healthy as possible?

👍 **Keep screen time to 1-2 hours** a day (be flexible).

👍 **Play or watch with others** as much as possible (not always alone).

👍 **Balance screen time with many other fun activities** e.g. reading, music, exercise, creative play, art and crafts, climbing trees. parks and beach or bush walks.
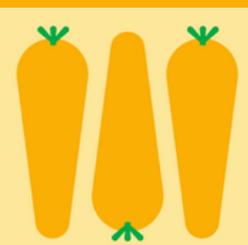
👍 **Use parental controls** to limit and monitor how much time your children spend on devices.

**For more info or help:** visit the Office of the eSafety Commissioner website.

### Set some house rules with your kids around screen time

- **What?** Developmentally-appropriate learning apps, TV shows, games etc.

- **When?** Unplug 30 minutes before bedtime, put phone out of sight when doing other tasks, no screens before school - create a schedule but be flexible.

- **Where?** Have no-go tech zones. This could include bedrooms, meal areas, cars or bathrooms.

- **How?** Use in ways to avoid vision issues, 'tech neck', 'gaming thumb', hearing loss etc.

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