

## 6 TOP TIPS FOR PARENTS

# SCREEN TIME



### 1. RULES

Agree on a clear set of rules in your home about screen time.



### 2. LEAD BY EXAMPLE

Do as you say! Modelling behaviour is the most powerful way you can influence your child's behaviour



### 3. PHONE FREE ZONE

Restrict the use of TV's, mobile phones and computers in the bedroom!



### 4. CHARGING PHONES

Buy an alarm clock for your child's room and charge mobile phones in your room!



### 5. DIGITAL DETOX

One evening a week have a family digital detox and plan a family activity!



### 6. JOIN IN

Play your child's favourite computer game and discover the online world together.