

PUT IT INTO PRACTICE

The Screen Time Challenge

CHEAT SHEET



As adults, we can't live without the convenience of our devices – technology has made life that much easier. For the little ones, however, too much screen time can affect sleep, social engagement, attention spans and mood. Here are some tips for healthy screen time habits.



TIP #1

Be an example and limit your own screen time

There are two reasons to limit your own screen time.

Firstly, your little one will model her behaviour on you and you should set a good example.

Secondly, while you are with little one, focus on 'face time' with her – engage with her and play with her. The value is enormous and simply not possible if you are plugged into your tech.

TIP #2

Give your little one a 3-day tech detox

- It is always easier to change a behaviour if you start with taking it to the extreme.
- For three days, offer your child no access to your mobile devices or TV screens.
- You will need to be 100% committed to this – you can expect some protest, but hang in there.

TIP #3

Limit screen time according to your child's age

**THE RULE IS:
10 MINUTES PER
YEAR OF LIFE WITH
A MAX TOTAL OF
30 MINUTES FOR
ANY CHILD**

**AGE 0-1
NO SCREEN TIME**

**AGE 1-2
10 MINUTES A DAY**

**AGE 2-3
20 MINUTES A DAY**

**AGE 3-4
30 MINUTES A DAY**

Aim not to have the period of screen time just before bedtime.

10 minutes in the morning is better than in the afternoon or evening.

Babies under one year of age should have absolutely no exposure to screens.

TIP #4

Curate the content and make sure it's age appropriate

Choose **WHAT** your child watches very carefully.

It needs to be content that makes sense. Mindless storylines and language or fast-moving, nonsensical visuals have a negative effect on brain wiring.

To gauge the content, sit and watch with your child – if the content makes sense to you, it is better than other meaningless content.

TIP #5

Create the context by watching with your child

All learning happens in the context of a relationship.

- Your child does not learn anything from screens if you are not engaged with her.
- Sit next to her and talk to her about what she is seeing (create the context).
- This does mean that you can't use screens as babysitters. You may find it frustrating, but it is better for your little one.