

Screen Time and Kids.....

There is a lot of conflicting advice and emerging research around screen time. But, the right amount of screen time can depend on a range of factors like your child's age and maturity, the kind of content they are consuming, their learning needs and your family routine.

For children/young people aged 5-17 years the Australian Government Department of Health recommends limiting recreational screen time to no more than 2 hours a day.

Signs that your child's online activity may be having a negative impact on them or on your family include:

- less interest in social activities like meeting friends or playing sport
- not doing so well at school
- tiredness, sleep disturbance, headaches, eye strain
- changes in eating patterns
- reduced personal hygiene
- obsession with particular websites or games
- extreme anger when being asked to take a break from online activity
- appearing anxious or irritable when away from the computer
- becoming withdrawn from friends and family



Some Facts

60% of young people have trouble sleeping after using social media.

30% of a child's waking time is spent in front of a screen

No parental control tool is 100% effective. Helping your child build good online safety habits is just as important

It could be challenging limiting the kids' screen time but these tips may help

- Set family rules about the maximum time on screens per day and stick to it
- Try not to leave the TV on in the background – use music instead
- Designate certain days as screen-free days (*this could be one or two days during the week when they have other after school activities*)
- Encourage children to be selective about what they watch rather than just whatever happens to be on
- Have a "no screen" policy during meal times
- Avoid having screens in bedrooms or study/quiet areas
- You could use a timer to enforce the screen time you set
- Try not to spend lots of time in front of a screen, or let the kids see you spending lots of time in front of a screen
- All screens off at least one hour before bedtime
- Devices charged overnight in a place your child cannot access



For more information and Support!

Who are they really talking to?

<https://www.esafety.gov.au/parents/big-issues/unwanted-contact>

Online Grooming

<https://www.thinkuknow.org.au/resources/factsheets-parents/online-grooming>

Parental Controls

<https://www.esafety.gov.au/parents/skills-advice/taming-technology>

Cyberbullying

<https://www.esafety.gov.au/key-issues/cyberbullying>

Gaming

<https://www.esafety.gov.au/parents/big-issues/gaming>