

Connecting with your child about screen time



HEAR YOUR CHILD AND DISCOVER THEIR INTERESTS

E.g. I noticed you've been having a lot of screen time lately and wanted to see how you are doing. What's your favourite activity when you are on your device?



UNDERSTAND THAT DEVICE USAGE IS NOT ALL BAD

E.g. You know... screen time has both its benefits and risks. Do you know what are some of them?



BE A ROLE-MODEL

E.g. How do you see me using my devices? Is there a balance between my screen time use and offline activities?



COMMIT TO CHANGE TOGETHER

E.g. Shall we come up with set rules to guide the amount of screen time we spend on our devices every day, together as a family?



Link to Family media plan:

<https://www.healthychildren.org/English/media/Pages/default.aspx#wizard>