LESS SCREEN TIME, MORE FAMILY TIME!

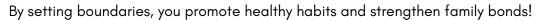## HELPING YOUR CHILD THRIVE IN A TECH-FOCUSED WORLD

Why Limit Screen Time?

Excessive screen time can affect children's:
- ✓ Sleep quality
- ✓ Physical health (less activity leads to weight gain)
- ✓ Academic performance
- ✓ Social skills and mental well-being

By setting boundaries, you promote healthy habits and strengthen family bonds!

Steps to Limit Screen Time at Home

Set Clear Rules

- Establish "no screen" zones (e.g., during meals, in bedrooms, or at family gatherings).
- Set time limits based on age. Example:
  - Ages 2-5: 1 hour daily
  - Ages 6+: Balance screen time with physical and creative activities.

Use Built-In Parental Controls

- Most devices and platforms come with tools to help manage screen time.
- See some tips for commonly-used devices below.

On iOS (Apple Devices):

1. Go to **Settings → Screen Time**.
2. Tap **Turn On Screen Time** → Set your preferences.
3. Use **App Limits** to restrict specific apps or categories.
4. Set a **Screen Time Passcode** to prevent changes.

On Android Devices:

1. Open **Settings → Digital Wellbeing & Parental Controls**.
2. Tap **Set Up Parental Controls** → Follow on-screen instructions.
3. Use **App Timers** to limit daily use of apps.

For Windows/PCs:

1. Open **Microsoft Family Safety** or go to account.microsoft.com/family.
2. Create a **family group** → Add your child's account.
3. Set screen time limits and app restrictions.

Tips for Parents to Regulate Students' Technology Use

Set Clear Boundaries	Establish specific times for technology use, including when devices need to be put away for homework, meals, or family time.
Create a Family Tech Agreement	Collaborate with your child to outline acceptable technology use, including what apps and websites are appropriate.
Encourage Device-Free Zones	Designate certain areas of the home, like bedrooms or dining areas, as tech-free zones to promote face-to-face interaction.
Monitor Screen Time	Use built-in screen time trackers on devices to monitor usage and set limits to ensure a healthy balance.
Be a Role Model	Demonstrate responsible technology use by limiting your own screen time and engaging in offline activities.
Promote Alternative Activities	Encourage participation in hobbies, sports, and outdoor activities that don't involve screens to keep your child engaged.
Educate About Online Safety	Teach your child about the importance of privacy, the risks of sharing personal information, and how to handle online bullying.
Encourage Open Communication	Foster an environment where your child feels comfortable discussing their online experiences and any issues they encounter.
Regularly Review Technology Use	Have periodic discussions with your child about their technology use and adjust rules as needed to reflect their maturity and responsibility.
Lock Devices When Necessary	• **iOS**: Use **Downtime** under Screen Time settings. • **Android**: Use the **Focus Mode** feature to block apps. • **Smart TVs/Gaming Consoles**: Use parental settings to limit hours of use.

Alternatives to Screen Time

- 🌳 Play outdoors or engage in sports.
- 🎨 Encourage creative hobbies like drawing, crafts, or music.
- 📚 Read books or explore new interests.
- 👨‍👩‍👧 Spend quality family time (board games, cooking together).

Empowering Through Balance

When you limit screen time, you're fostering a balanced, healthier lifestyle for your child. Let's build a future where technology supports—rather than overtakes—our well-being.