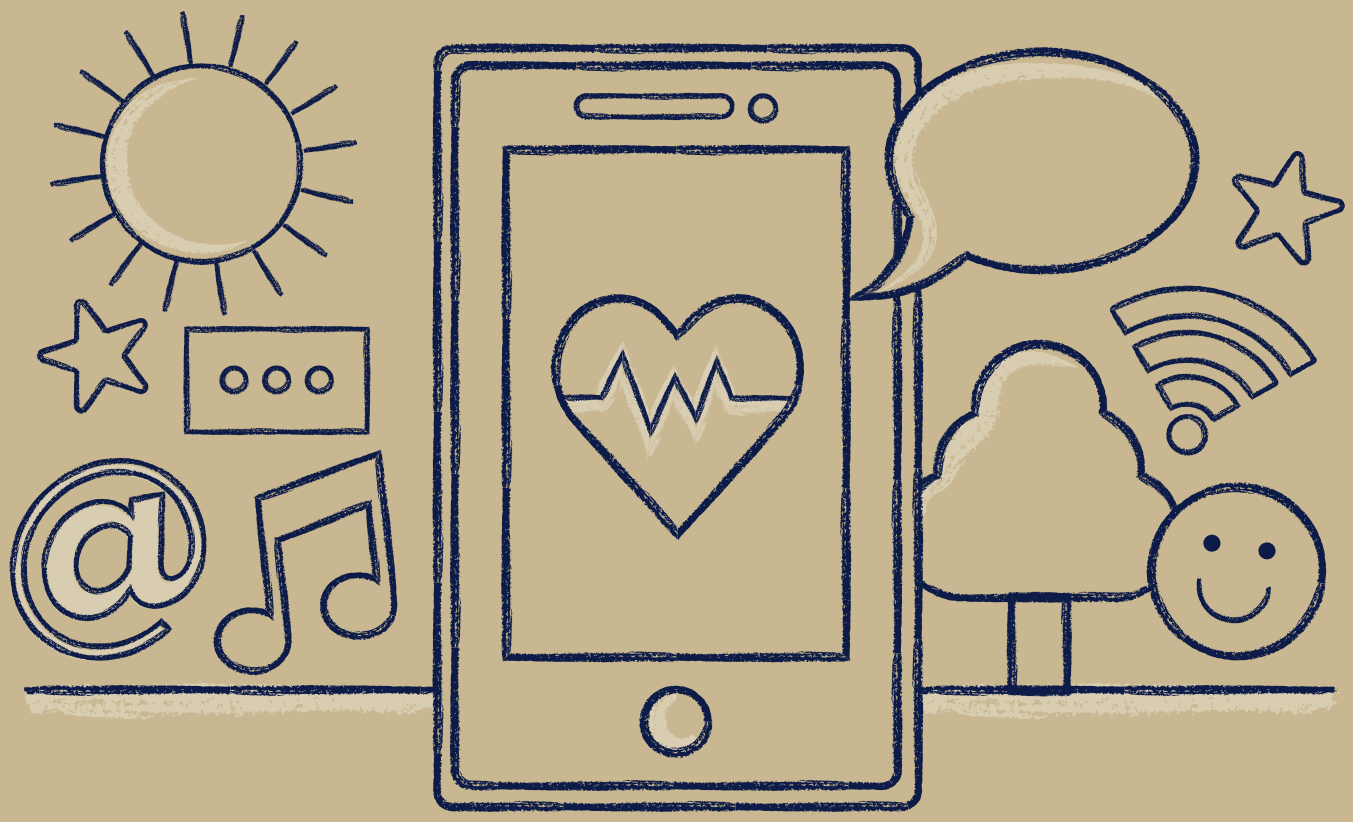
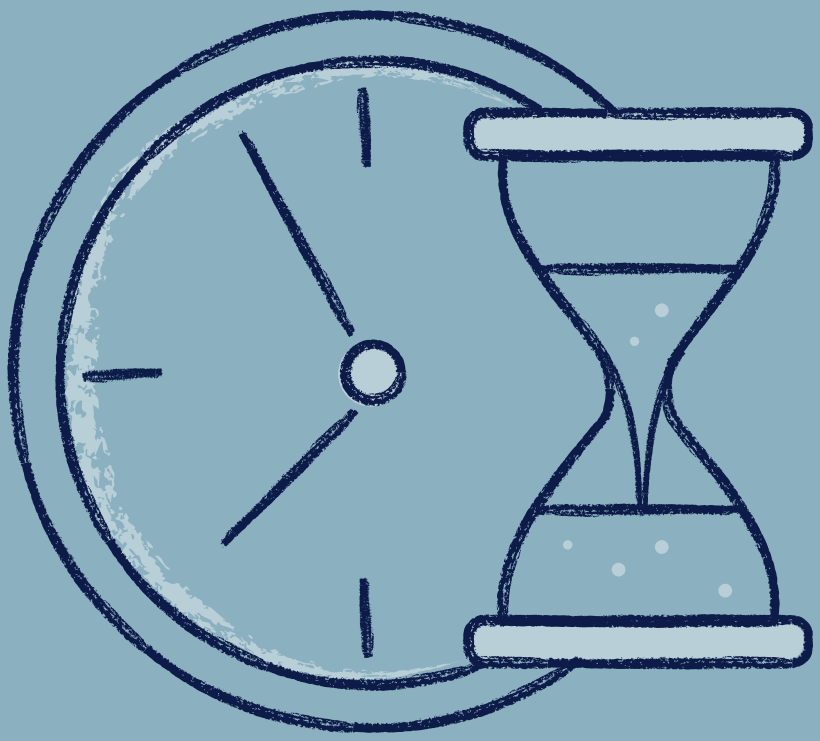


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Top Tips for Healthier Digital Habits as a Family

As part of our ongoing commitment to supporting families in navigating the digital world with confidence and balance, we have compiled some key suggestions to help promote healthy technology habits at home. These small, practical steps can make a significant difference in fostering positive relationships with screens and devices for both children and adults.

1



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Delay Smartphones and Social Media

Where possible, delay introducing smartphones and social media until children are developmentally ready, ideally around the age of 16. In the meantime, a simple “brick” phone offers a healthy alternative, enabling children to stay safe and in touch when travelling independently to and from school.

For older children who already own smartphones, use parental controls to limit screen time, block inappropriate content, and ensure that safety settings are robustly in place.

2



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Model Good Habits

Children are keen observers of adult behaviour. The way we manage our own devices provides the most powerful example of all.

Being mindful and present during family time, and keeping phones out of sight where possible, helps to reduce distractions and encourages meaningful conversation and connection.

3



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No Phones at the Table

Shared mealtimes offer valuable opportunities for connection, reflection, and conversation.

A “no phone” rule at the table reinforces the importance of being present and allows family members to enjoy uninterrupted time together.

4



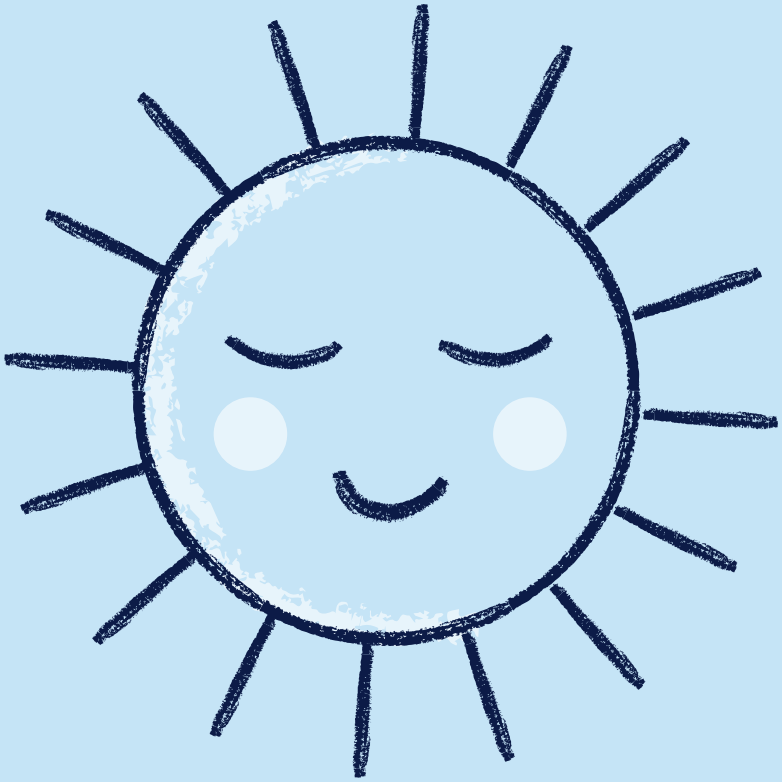
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Keep Phones Out of Bedrooms at Night

This applies as much to adults as to children. Many sleep and well-being issues arise when devices are kept in bedrooms or used unsupervised late at night.

Charging all devices in a central location, such as the kitchen, can be an effective family-wide strategy. Aim for no phone use at least one hour before bedtime and consider using a traditional alarm clock instead of a phone alarm to support healthier sleep habits.

5



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No Phones First Thing in the Morning

Checking devices immediately after waking can heighten stress levels and reduce focus.

Encouraging everyone in the household to delay screen use for the first hour of the day can support calmer, more purposeful morning routines.

6



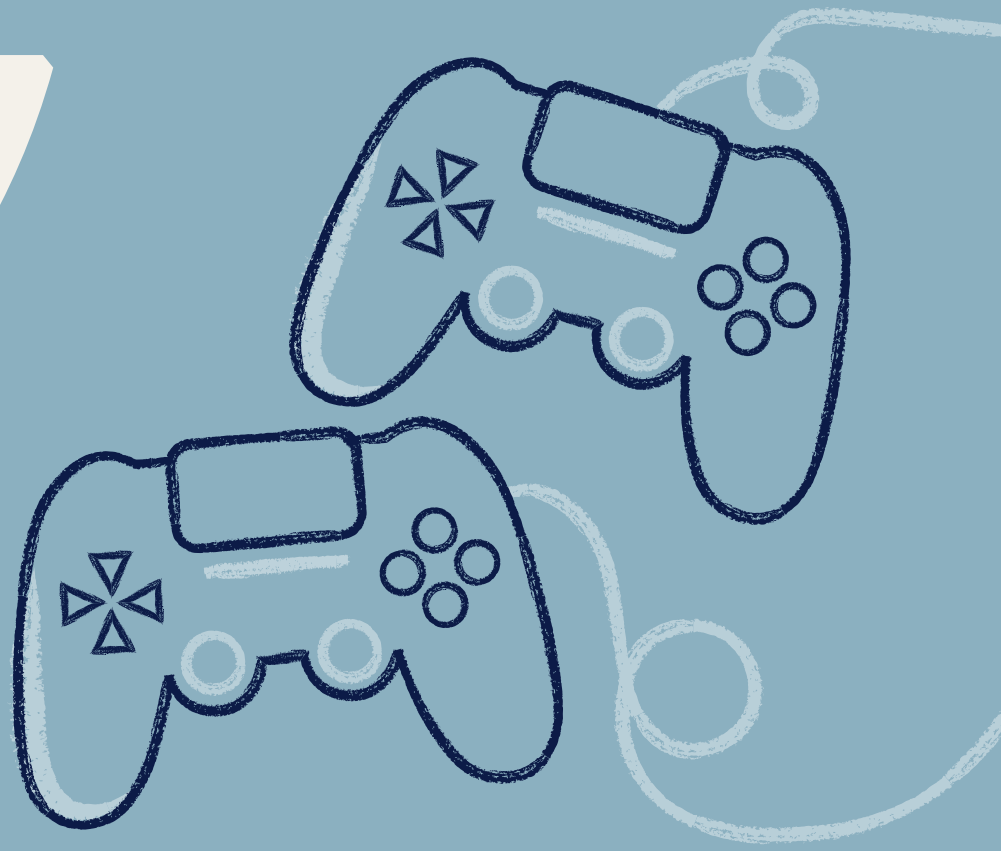
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Avoid Multi-Screening

Encourage children to focus on one screen at a time, for example, avoiding scrolling on a phone while watching television.

Multi-screening can reduce attention span and make concentration harder. Setting clear expectations and keeping devices out of reach when not needed can help everyone maintain focus.

7



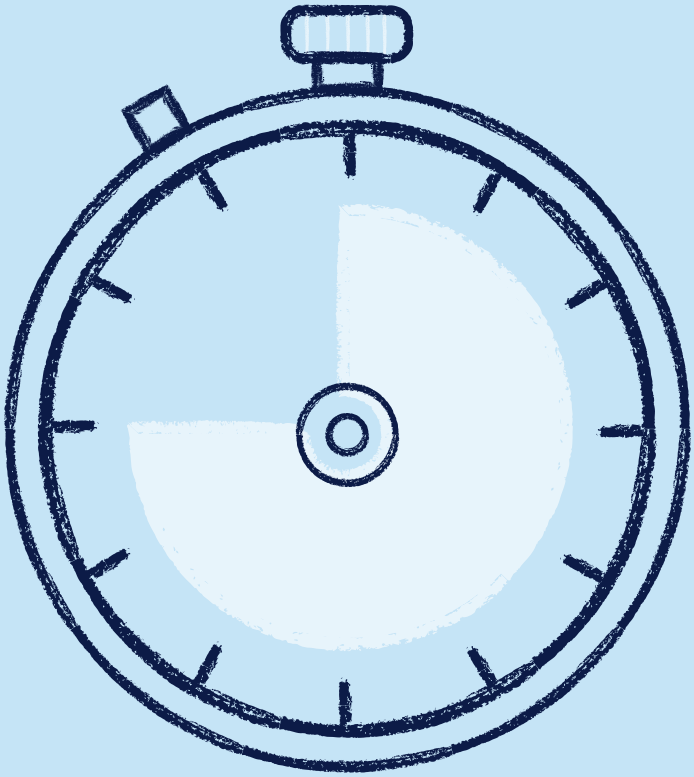
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Supervised Play Areas for Gaming

Wherever possible, encourage gaming in shared or open spaces rather than in bedrooms.

Opt for age-appropriate games that limit interaction with strangers and avoid those with unrestricted chat functions or open online platforms.

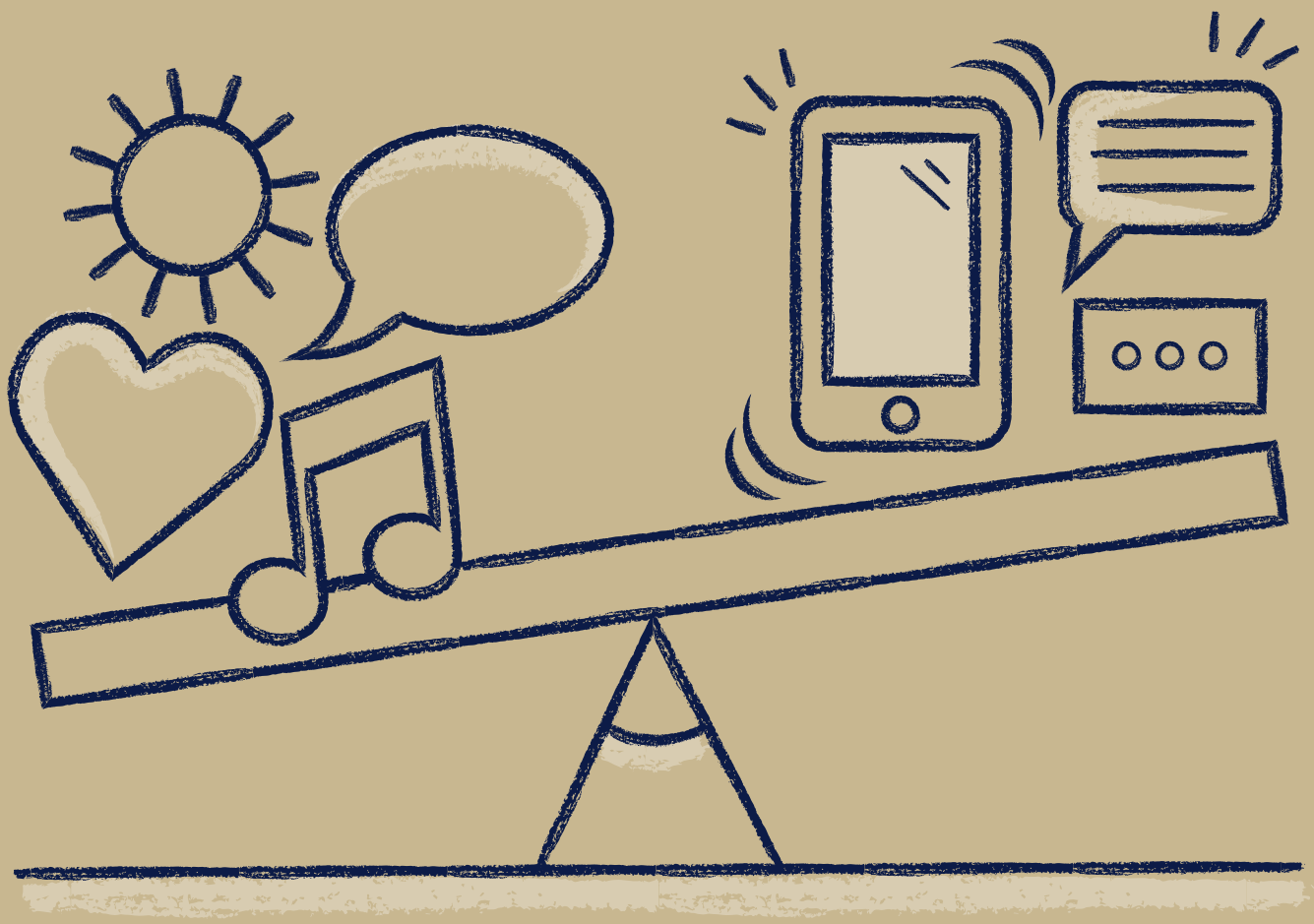
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Time Limits and Consistent Boundaries

Agree on time limits and boundaries that are clear and consistent between all parents and carers involved in a child's care. As a guide, gaming should be limited to around one hour at weekends during term time. Establishing shared expectations helps ensure that children receive a unified message about healthy digital use.



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Creating Balance for our Children

By adopting these shared approaches, we can work together to create a balanced digital environment for our children, one that promotes focus, well-being, and genuine connection both online and offline.

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