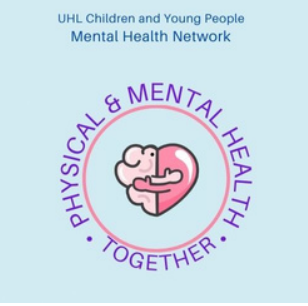


“FIVE-A-DAY” TIPS FOR HEALTHIER SCREEN TIME



BIRTH -5 YEAR OLDS

Studies have shown that there is a clear link between excessive screen time use and symptoms such as difficulties in concentration in the younger child.

Here are **5** tips to help create a safe and healthy digital environment...



1. SCREEN TIME BIRTH - 24 MONTHS

It is recommended that there should be **no screen time** for all children until they are 18-24 months, **except** for video chatting.

2. SCREEN TIME

2 - 5 YEAR OLDS

Children aged 2-5 years should get **an hour or less** of screen time per day.



3. BIGGER SCREENS



If you think your child is ready to play a game, then try to use a larger screen such as a tablet or computer screen, as these cause less visual stress than a phone.

4. AVOID USING A DIGITAL DEVICE TO SETTLE YOUR CHILD

Try to avoid the temptation to hand your phone to your toddler if they start to fuss as this inhibits their ability to interact with the environment and people around them.

5. SLEEP HYGIENE



"Sleep hygiene" is a term used for health habits and behaviours that help support a good night's sleep.

It is recommended that under 5's should not use a screen at least 2 hours before bedtime, to aid their natural sleep pattern.



“FIVE-A-DAY”

TIPS FOR HEALTHIER SCREEN TIME



6-10 YR OLDS



Studies show there is a clear link between excessive social media use and difficulties with concentration, sleep and mental health.

Studies also suggest there may be distinct physical changes in the developing brain associated with frequent social media use.

Here are **5** tips to help create a safe and healthy digital environment...



1. WAKING UP WITHOUT SCREENS

It is recommended that social media/screens are not used for the first hour of the day.

To help with this, consider if mobile phones can be charged overnight outside of the bedroom, for example maybe in the hallway or downstairs.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Less than 2hrs per day					2-3 hrs/day	



2. SCREEN TIME

As a general rule, it is suggested that recreational screen time is kept to less than 2 hrs per day and 2-3 hrs on weekends.



3. STAY ACTIVE

Encourage physical activity for 1 -2 hours per day.



4. SCREEN-FREE TIME TOGETHER

Children will often mimic behaviours of the adults around them. Consider if your own social media useage/phone checking behaviour could be reduced, and try and ensure there are opportunities for screen-free times, for example during meal times and family activities.

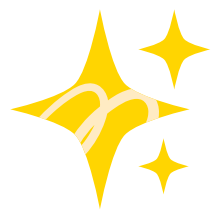
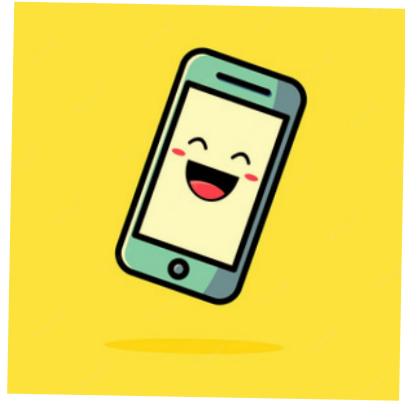


"Sleep hygiene" is a termed used for health habits and behaviours that help support a good night's sleep.

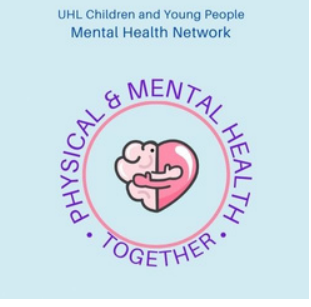
5. SLEEP HYGIENE

It is recommended that screens should not be used at least 1 hour before bedtime.

Consider if mobile phones can be charged overnight outside of the bedroom, and if not, ensure the vibrating and audio alerts are switched off to avoid sleep disturbance.



“FIVE-A-DAY” TIPS FOR HEALTHIER SCREEN TIME



11-17 YEAR OLDS



Studies show there is a clear link between excessive social media use and difficulties with concentration, sleep and mental health.

Studies also suggest there may be distinct physical changes in the developing brain associated with frequent social media use. This is particularly relevant to teenagers who are undergoing a highly sensitive period of brain development.

Here are **5** tips to help create a safe and healthy digital environment...

1. WAKING UP WITHOUT SCREENS



It is recommended that social media/screens are not used for the first hour of the day.

To help with this, consider if mobile phones can be charged overnight outside of the bedroom, for example maybe in the hallway or downstairs.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 hrs per day					4 hrs/day	



2. SCREEN TIME

As a general rule, it is suggested that recreational screen time is kept to 2 hours on weekdays and up to 4 hrs on weekends.



3. STAY ACTIVE

Encourage physical activity for at least 1 hour per day.



4. SCREEN-FREE TIME TOGETHER



Try and ensure there are opportunities for screen-free times during the day, for example during meal times and family activities.



"Sleep hygiene" is a term used for health habits and behaviours that help support a good night's sleep.

5. SLEEP HYGIENE

Avoid using screens at least 1 hour before bedtime.

Turn down screen brightness.

Avoid violent or frightening content.

Consider charging mobile phones outside of the bedroom.

Ensure the vibrating and audio alerts are switched off to avoid sleep disturbance.