

What do you mean by screen time?

Exactly what it says—anything with a screen...

- Lap top
- Xbox/PS through TV
- Handheld gaming devices such as DS, PSP
- Tablets
- Phones

2 hours in total!

(...and even 2 hours a day adds up to 14 hours a week...a whole day!)

Before you tackle it, why not just make a record of how many hours your children are spending on screens.

Get Involved?

- Talk to them about the games they play and what they do—show an interest (pretend if necessary) and if you think it is inappropriate then stop it, (and while we on it age restrictions on games are there for a reason).
- If you are confident with IT yourself spend time with them showing them some positive uses, e.g. create a photo book from a family holiday.
- If you are not confident ask them to show you what they know...you will be amazed, and you'll learn something.

A Final Word...

If you are reading this and thinking that you might need to do something about it then you probably do! If you want support to do this contact Kate Williams the PSA on:

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Fleet Area Parent Support Advisor



'working with parents to ensure the best possible outcomes for children'

Parent Support Advisor

Tips and Hints

SCREEN TIME



What is the guidance?

Under 2s 0 hours

The UK government has not produced guidance on the amount of screen time children should be exposed to. In the US the guidance is that under 2 years old children should not be exposed to a screen at all and that over 2 years it should be limited to 2 hours a day.

Over 2s 2 hours

Why?

There are a number of reasons that too much screen time is bad for children:

- Increased anxiety and depression
- Obesity
- Attention problems
- Low self –esteem
- Causes sleep problems

(From 'How healthy behaviour supports children's wellbeing' - Public Health England 2013).

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/232978/Smart_Restart_280813_web.pdf

The impact of screen time are greater when children have access to screens unsupervised and in their bedrooms as they are then at risk of being exposed to inappropriate material and at risk of interacting with the wrong people.

How do I do it?

There are many strategies you could use, here are some ideas of things you could put in place.

- Remove screens from bedrooms (immediately you will be aware of how much time they are on a screen and what they are seeing).
- Make access to devices dependent on a list of things to be done first (e.g. homework done, chores done).
- Buy an egg timer—its so easy to lose track of time and the 'bell' will remind you and them.
- There are a number of ways to restrict the time or access to wifi connections—research them.
- Make time on screens a reward that children earn, set up a chart and add minutes.
- Set a good example and use ground rules (e.g. no phones at the dinner table).