

# TIPS

## TO WEAN CHILDREN FROM THE SCREEN

1

AVOID PUTTING SCREEN ENTERTAINMENT DEVICES IN YOUR CHILD'S BEDROOM. PUT ARTS AND CRAFTS MATERIALS, TOYS AND GAMES IN THEIR INSTEAD.

2

ESTABLISH SOME SCREEN-FREE TIMES OF DAY E.G. MEAL TIMES.

3

ESTABLISH SCREEN TIME RULES/LIMITS. WHERE POSSIBLE, MONITOR AND CONTROL THE TIME YOUR CHILDREN SPEND ON SCREEN ENTERTAINMENT, EXPLAINING THAT RECREATIONAL SCREEN TIME IS NOW OFFICIALLY A HEALTH AND DEVELOPMENT ISSUE, NOT MERELY A LIFESTYLE/CULTURAL ONE.

4

WHERE POSSIBLE, USE TECHNOLOGY TOGETHER, FOR EXAMPLE BY WATCHING (EDUCATIONAL) PROGRAMMES TOGETHER AND TALKING ABOUT THE PROGRAMMES YOU HAVE SEEN.

ENCOURAGE YOUR CHILD TO TAKE BREAKS FROM THE SCREEN AND HAVE REGULAR PHYSICAL ACTIVITY, PREFERABLY OUTDOORS.

make time<sup>2</sup>

