



**Plan screen-free time**, like outdoor play, music and sport.



**Lead by example**  
– reduce your own screen time.



**Agree on daily screen time limits.**  
It's not punishment, it's about keeping a balance.



**8** tips to keep on top of your child's screen time



**Be involved**  
– watch TV and play games together.



**Start with small reductions** to help lessen any resistance.



**Use tech tools to manage access**, such as parental controls.



**Set tech-free zones and times at home** – e.g. all screens off in bedrooms after a specified time.



**Resist giving mobile devices to children when going out** – take books or toys instead.