

The background features a complex network diagram with numerous nodes and connecting lines. The nodes are represented by small circles in various colors, including blue, red, yellow, orange, and grey. The lines are thin and grey, creating a dense web of connections. The overall aesthetic is modern and technical, suggesting a digital or networked environment.

Giving your child a
device...

Research

Indicates that excessive screentime impacts social skills and attention spans of young children.

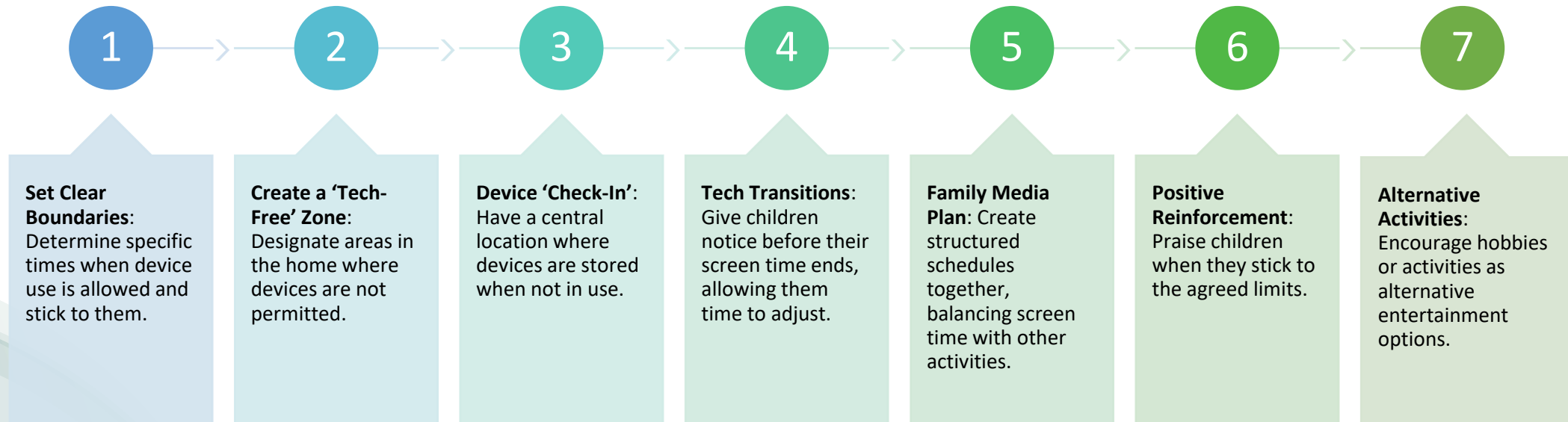
Parents should limit screentime and screen 'quality'

Children under 2 should avoid all digital media except video chat

Ages 2 -5 - a maximum of 1 hour of quality screentime e.g CBeebies

Parental supervision and co-engagement is vital to empower parents.

Building Better Routines and Relationships



Routines and Relationships by age group

Ages 0-4

Keep screens away from mealtimes and bedtime routines.

Ensure screen time is interactive, engaging alongside your child.

Be present and guide them through educational content.

Ages 4-7

Use visual timers to count down screen time, making boundaries clear.

Encourage screen time to be a reward for completed chores or homework.

Discuss favourite shows or games to make screen time a shared interest.

Routines and Relationships by age group

Ages 7-11

Involve them in creating a weekly media plan to balance screen time and other activities.

Introduce consequences for not adhering to screen time rules.

Teach self-regulation by allowing them to set timers.

Ages 11-16

Empower them with responsibility, discussing the impact of excessive screen time.

Encourage them to self-monitor and take breaks.

Promote tech that aids education, and involve them in setting goals for leisure screen time.

Strategies to support with enforcing the routines and relationships.



Role Model: Show reasonable tech usage themselves, setting an example.



Pact Agreement: Draft a family agreement on screen time, signed by all.



Consistency is Key: Apply the rules consistently, across weekdays and weekends.



Tech Time Tokens: Use a token system where children earn screen time.



Consequences: Establish clear, relevant consequences for not following screen time rules.



Open Dialogue: Regularly discuss the importance of limits and self-regulation.



Device Curfews: Set a time when all devices should be turned off each night.



Summary

What children watch on devices is just as important as how much they watch.

Establishing routines and positive relationships is key

Different expectations are needed for children of different ages.

Families must work together, and older siblings and adults must be good role models.