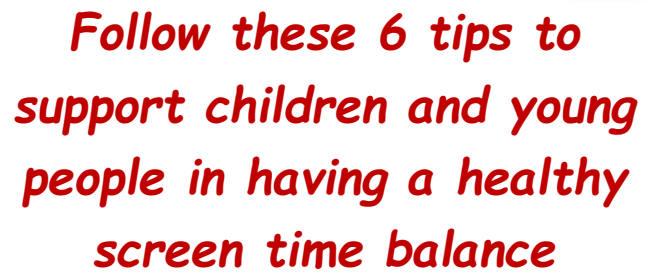


1

Be The Role Model

Like anything in life, children will copy their parent's mannerisms and behaviours. If you spend large amounts of time on your screen in front of your children, they will replicate that behaviour.



Follow these 6 tips to support children and young people in having a healthy screen time balance

2



Explore And Set Boundaries WITH Your Children

Sit down with them and set the limits you feel are appropriate for their age, with them. Explaining what you are doing and why will not only help them understand why you are doing this, but it will also help them feel involved in keeping themselves safe online. This includes age restrictions on apps, screen time restrictions and reviewing this regularly together.

3

Mix Up the Screen Time For A Healthier Balance

Did you know there are different types of screen time? Creating a healthy balance of screen time is vital to every child. Mix up their screen time that encourages creativity, learning & education with something like connecting with friends & family using technology as well as using devices in a passive way, such as watching YouTube on the tablet or phone.



4

Down Time

Down time from screens is an important piece of the puzzle, creating space that is screen free within the home allows children and family to be creative and connect socially.



6

Sleep Patterns & Physical Activity

Sleep is such an important part of any human's development; it has been proven that going to sleep with a screen dramatically effects their sleep activity.

Second to that, physical activity also plays a vital role in any child's development and any device usage should be mixed with physical activity to create a healthy and balanced lifestyle

5

Avoid Screen Time Rewards

Try not to glorify screen time by rewarding extra time for good behaviour, this enhances screen time over general activities. Try rewarding with food or other things you find works in your home.



Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children **to develop good online habits**. Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.

Source: Internet Matters; Balanced Digital Diet



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