



Too much time on devices can significantly impact a child's emotional & physical health. Consider the following when setting boundaries around 'screen time'...

Reflect on your own usage & set a positive example



Develop a 'family agreement contract' which sets out times that devices can be used - make sure everyone has input!

Download one of the many platforms available to help you to monitor you child's 'screen time'



Disable the internet during night hours & ensure devices are stored away from the bedroom

Consider the actual game if negotiating when the child finishes rather than just stating a time for them to finish...



Examples may include; 'One more match' if playing Fifa 20 or 'One more battle' if playing Fortnite (Approximately 20 minutes).

Remember - forcing them to end their game immediately may impact on their records - something which is likely to make them more resistant.