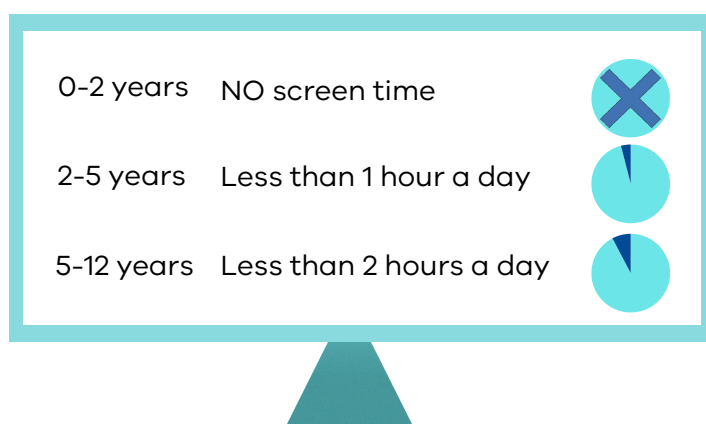


REDUCE SCREEN TIME - IMPROVE YOUR CHILD'S HEALTH



Screen time is spending time in front of a computer, game, mobile or smart phone, tablet or iPad, or TV.

HOW MUCH SCREEN TIME IS TOO MUCH?



Reading, singing, puzzles, and stories help children grow strong and smart.



When children use screens alone for too long, it can cause problems. They may have trouble learning to talk, staying focused, and getting ready for school.

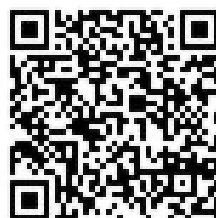
TIPS TO HELP REDUCE SCREEN TIME

- ✓ Plan screen-free days for family fun.
- ✓ Take books or small toys when you go out.
- ✓ Be a good example - use screens less too.
- ✓ Keep bedrooms free from screens.
- ✓ Use a timer - 20 or 30 minutes to use screens.
- ✓ Give a 5-minute warning before screen time ends.
- ✓ No screens during meals or in bedrooms.
- ✓ Eat meals together with no screens.
- ✓ Turn off screens 1 hour before bedtime.
- ✓ Use a reward system to encourage less screen time.
- ✓ Swap screen time for fun family games or walks.



The Children's Health and Wellbeing Local is jointly funded by the Victorian Government and the Australian Government through the Head to Health Kids Initiative.

Scan the QR code to know more



Source – Australian 24-hour movement guidelines
Last updated - 1st July 2025