

SCREEN TIME

Screen Time is the time you spend each day using devices with screens, like TV, smart phones, tablets, or video game console. Limiting children's daily screen time is necessary for his wellbeing, learning, and developmental process.

CHILDREN UNDER 18 MONTHS

Avoid screen time

CHILDREN 18 MONTHS - 2 YEARS

Can watch only if trusted adults watch or play with them to help them understand what they are seeing

CHILDREN 2 - 5 YEARS

Should have no more than 1 hour a day of screen time with trusted adults watch or play with them

CHILDREN 6 YEARS AND OLDER

Should have consistent limits on the time they spend on screen, with online safety guidance from parents

Adapted from the American Academy of Pediatrics (AAP) guidelines

GUIDE YOUR CHILD ON TIME SPENT ONLINE

Do up a Family Contract together with your child (example below)

DIGITAL USAGE

1. I will use the device ONLY after I have done my homework.
2. I will use the device ONLY after I have asked my parents for permission.
3. I will not use any digital devices, including smart phones, at mealtimes and at least one hour before my bedtime
4. I will not look at my device while I am on the move (such as crossing the road or cycling to avoid accidents).
5. I will respond immediately to my parents when they try to contact me.

TEACH YOUR CHILD TO STAY SAFE ONLINE

Remind your child not to chat with strangers online or share information that makes him/her identifiable.

Teach your child to set strong passwords (combinations of upper and lowercase letters and numerals), and ignore suspicious links.

Check with your child about the online conversations in their social media to see if he/she is being bullied.

References:

Ministry of Education. (n.d.). *Cyber wellness for your child*. <https://www.moe.gov.sg/docs/default-source/document/parent-kit-on-home-based-learning/parent-kit---cyber-wellness-for-your-child.pdf>

Ministry of Social and Family Development. *Screen time*. https://www.babybonus.msf.gov.sg/parentingresources/web/Young-Children/YoungChildrenPlay_and_Learning/Screen_Time/Young_Children_Screen_Time