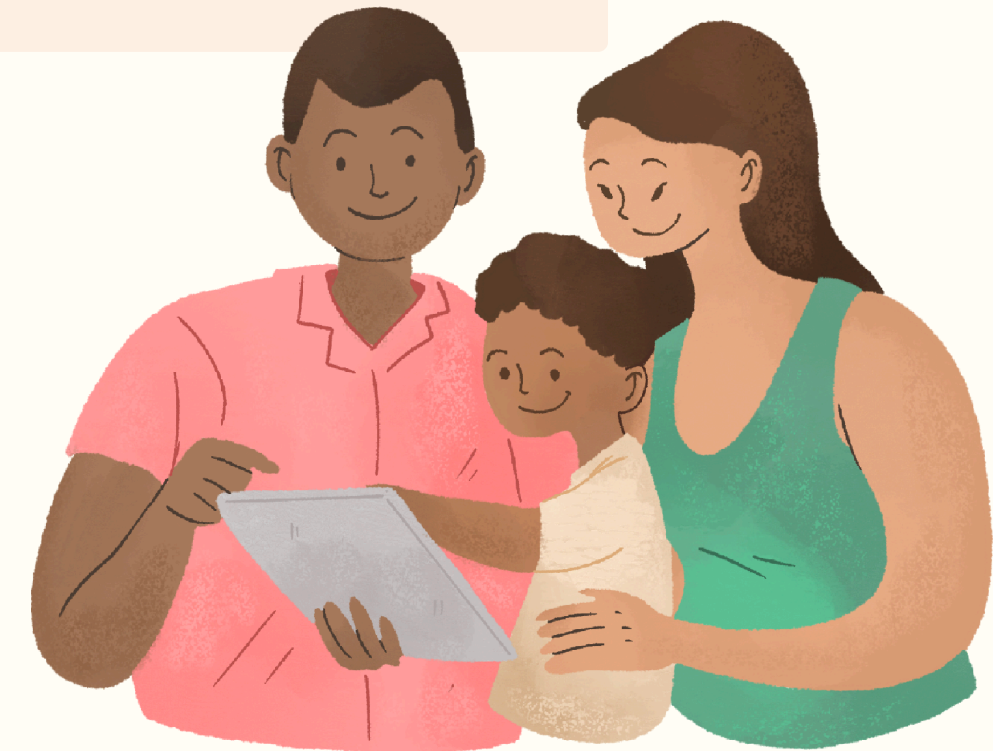


HEALTHY SCREEN TIME FOR YOUR FAMILY

Top Five Tips for Making Screen Time Healthier

1 If no one's watching, turn it off

- Children find it difficult to focus on what they are meant to be doing if a screen is on around them.



2 Make screen time interactive

- Practice 'interactive co-viewing' where you use the content on a screen to interact with your child and encourage them to engage with the content.

3 Try avoid screen time with mealtime

- Family mealtime and bottle/breastfeeding is an opportunity to build connection and interact with your child.



4 Choose content carefully

- Stick with platforms like ABC Kids that continue to develop age-appropriate and quality educational content.

5 Set boundaries early and follow them yourself

- Boundaries help provide children with predictable routines, ensure they feel safe, and support them in growing in their independence.
- Model healthy screen time behaviours and try to not be on your phone too much around them.