



# THINGS TO THINK ABOUT

Managing screentime is essential for your child's social, emotional, and behavioural well-being. If you're unsure of where to start, consider these questions and choose one area you can start working on today.

- How much screentime does your child get each day? Does this meet recommendations?
- Does your child have a device in their bedroom?
- Does anyone use devices at mealtimes?
- Does your child use a device as soon as they wake up?
- Is your child's sleep affected? (Are devices being used within the hour before bedtime?)
- Do you know what content your child is exposed to?
- Do you know how your child is using screens?
- How are you promoting your children up for future success?
- What activities are your children doing that build identity and self-confidence?
- How are you promoting offline social interactions?

