

Healthy Screen Habits



Quantity vs Quality

What our children are doing on screens is just as important as the amount of time they are online.

Consider the balance between active or passive screen time. Are they scrolling and passively consuming content or actively participating in games with friends?

Consider the impact active time online is having on your child and set reasonable limits so they don't become overstimulate



Values and video games

What are your family values and how can technology use support or hinder connection?

Can you get creative and find balance between individual wants and family priorities?

Think video games that can be played as a family rather than gaming with strangers. Family projects inspired by 'how to' videos on YouTube.

Pizza, popcorn and family movie night rather than individual small screens in bedroom.



Get curious

Find out what your child loves about being online and create more opportunities for that in 'real life'.

If they enjoy connecting with friends online can you arrange in person play dates?

Do they find it easier to connect with others online? Can we support development of social skills?

Is there a school or community group with shared interests – encourage your child to join or better yet, create one!



Start with self

Reflect on your own device usage. Are you asking your child to make changes you are not prepared to make yourself?

We create family culture via our consistent actions. Do we model the behaviour to create device free spaces (bedroom, bathroom or screen free times (short car trips, meal time) at home –that everyone commits to.

Be the change you wish to see!



Rhythms and routines

Create boundaries that work with your existing routines and support family patterns eg. No tech before school, so children can be task orientated and regulated.

Instead create limited access at a time when children need down time or parents need to focus on other commitments.

Use these routines to protect spaces and times from screens that are important to health, such as sleep and family dinner times.

Consistency is key – children know what to expect which can reduce constant bargaining and negotiation.



Safety first

Ensure you have parental controls, in app permissions and content filters where necessary.

It is not one-off conversation about online safety or set and forget with parental controls. Regularly check safety protocols, update when necessary and use the world around you to chat with your child about online safety and the potential harms.

Do they understand public vs private?

Have family discussions "what would you do if....?"

Have they ever come across anything online that made them feel confused or unsafe?

