

Tips To Reduce Your Child's Screen Time



Establish a two-hour daily limit for tablet usage as a rule.



Set an example for your child by practicing healthy screen habits yourself.

Set weekly family challenges, like being screen-free for a day.



Discourage using tablets during meals and family outings.

Avoid using tablets as a pacifier to control tantrums in children.



Avoid using tablets as a reward or punishment for the child.

Encourage the child to explore hobbies that don't require tablet usage.



Promote outdoor activities to reduce the child's reliance on tablets for entertainment.

Ensure the child stops using the tablet at least 60 minutes before bedtime.



Avoid storing the tablet in the child's bedroom.

References:

1. Screen Time And Children; NLM
2. Tips To Reduce Screen Time; NIH
3. Screen Time And Children; The American Academy of Child and Adolescent Psychiatry