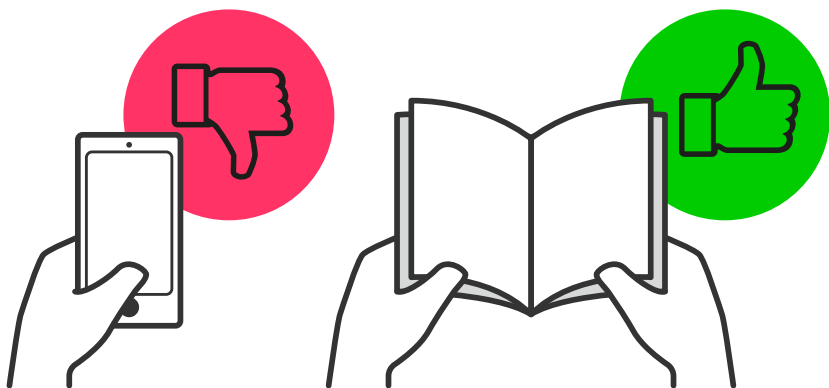


# Five top tips to manage children's screen time

Help your child make the most of their time on and offline

## 1 Set a good example with your own device use

Children will tend to model their behaviours on you, so if you start reading a book, they may follow your lead.



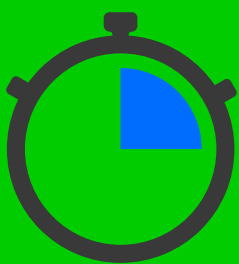
## 2 Talk together about the time they spend online

Understand what they're doing, and explain your concerns.

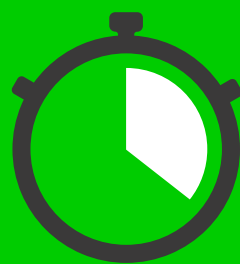


## 3 Agree an appropriate length of time that they can use their device

Put in place a family agreement to set some boundaries and don't break them.

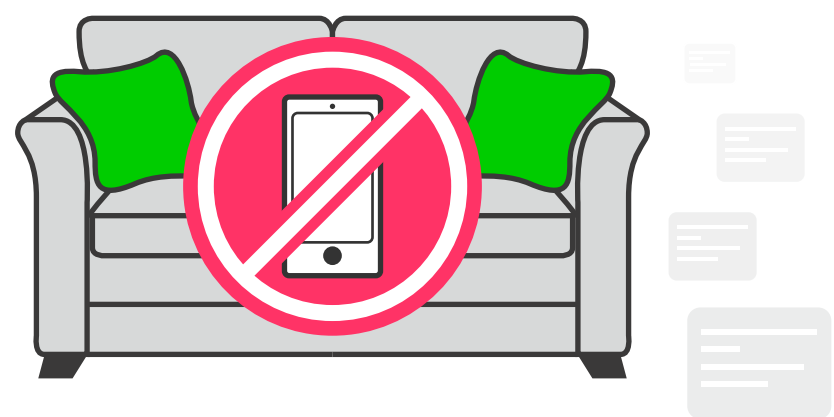


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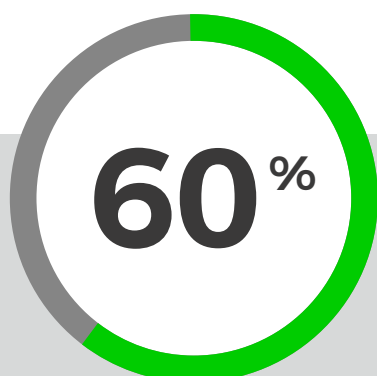
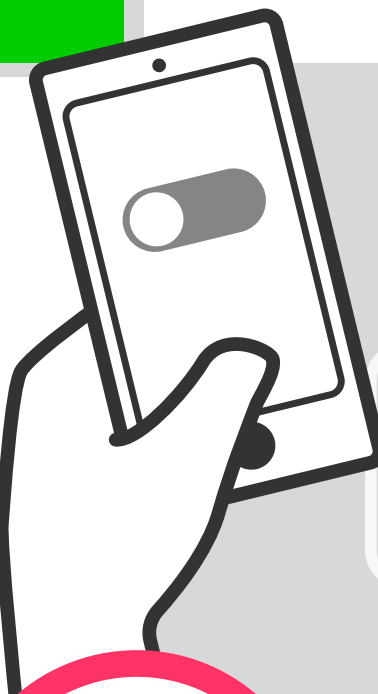
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## 4 Get the whole family to unplug and create 'screen free' zones at home



## 5 Use technology and apps to help manage screen time

For example, the **Forest app** enables them to grow a beautiful forest each day they don't use their phone for a set amount of time. The iPad's **'Guided Access'** limits the time you can access any given app, which can be great for younger children.



60% of parents are concerned their kids don't have interests outside the web



Parents of 12-year-olds are most concerned about lack of offline interests



Children aged between 11 and 16 post on average 26 times a day