Screen Time Advice for Parents and Carers

Advice from Leading Health Officials over Children's Screen Time:

As you may or may not have been aware in the press this week, official guidelines were issued by UK's leading Health Officials and the NHS to help parents and carers monitor how much screen time children (especially those in Primary School) are getting a day.

Please see below the guidance provided as stated on the Guardian Newspaper's website on Thursday 7th February:

"The advice for parents and carers includes:

- Get enough good-quality sleep. Leave phones outside the bedroom when it is bedtime.
- Talk about sharing photos and information online, and how photos and words are sometimes manipulated.
- Make sure you and your children are aware of and abide by their school's policy on screen time.
- Take a break after a couple of hours sitting or lying down using a screen.
- Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.
- Talk with your children about using screens and what they are watching. A change in behaviour can be a sign they are distressed - make sure they know they can always speak an adult if they feel uncomfortable with screen or social media use.
- Consider screen-free meal times so you can have face-to-face conversations, with adults giving their full attention to children.
- Try using features on some devices and platforms to keep track of time spent looking at screens or on social media."

A good way to monitor children's activity online is to create an Agreement between yourself and the child. An example can be found on Child Net:

https://www.childnet.com/ufiles/Family-agreement-template.pdf



