

RECOMMENDED SCREEN TIME

for TV, Video Games, Tablets, Phones & Computers

Why limit screen time?

Children need to be moving more than sitting in front of a screen for maximum brain development.



What can my child do besides screen time?

For school going kids:
1) 1 hour of exercise daily
2) 8 - 12 hours of sleep daily
3) Stories: they provoke curiosity, discussion and also stimulate imagination & play



What is the recommended screen time based on age?*

- Under 2yrs: 0 hrs/day
- 2-5 years: 1hr/day
- 6+ Years: 2hrs/day
- Beyond Primary School**: No set limit on screen time but set screen free zones e.g. dining table.

*Screen time with actively engaged parents and on high quality interactive digital media

**Control what is watched until age 13



What else can my child do besides screen time?

- Play outside the house with other children using their imagination and improving brain development.
- Participate in outdoor activities e.g. Swimming, Tennis...

before bedtime

Make sure charging devices are kept outside the bedroom