

Reducing Screen Time for Kids



Why Digital Balance Matters: Excessive screen use can impact attention spans, sleep quality, and physical activity. Replacing passive viewing with meaningful engagement helps children build crucial problem solving skills, creative focus, and healthy habits.

1 Establish Tech-Free Zones

Define clear boundaries where screens are never allowed to preserve focus and rest:

- Keep dining tables tech-free during family meals.
- Remove TVs and tablets from bedrooms at night.
- Enforce a complete screen pause 1 hour before sleep.

Watermark Logo

2 Offer Engaging Alternatives

Replace passive entertainment with high-value offline activities that stimulate curiosity:

- Encourage tactile skills like Abacus or mental math puzzles.
- Keep physical books and art materials easily accessible.
- Plan daily outdoor play or family board game sessions.

3 Set ClearScreen Schedules

Avoid open-ended screen availability by setting structured guidelines together:

- Complete homework and outdoor time before screen access.
- Use visual timers so kids learn self-regulation.
- Reserve leisure screen viewing primarily for weekends.

4 Model Mindful Technology Use

Children naturally mirror adult habits and emotional responses to devices:

- Put devices away when speaking directly to your child.
- Explain screen usage when using phones for productivity.
- Designate shared family downtime without any devices.

Weekly Parent Action Checklist

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| ☐ Create a charging station outside bedrooms | ☐ Plan at least 30 minutes of daily physical activity |
| ☐ Set up a dedicated quiet reading space at home | ☐ Praise non-digital hobbies and creative effort |