

YOUR GUIDE

to managing children's screen time

Do your children spend too much time in front of screens? We have some tips for a healthier, more balanced use of electronic devices.

PARENT DISCUSSION

Before you set any limits, sit down together and talk about your own screen usage and the sacrifices you are willing to make to stick to the family rules you will put in place. Decide together what the house rules should be so you can present a united front if your kids protest.

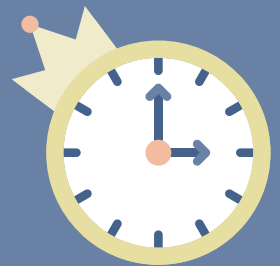


FAMILY MEETING

Have a discussion with your children on the rules and limits for using electronic devices. Then make a family contract signed by you and your children: time limits, rules on use periods, an agreement on the types of content allowed, etc.

TIMER

Use a timer to set specific blocks of screen time. Add a visual aid to help younger ones understand the concept of time. Our partner Nanny Secours offers a [fun thermometer](#) on its website.

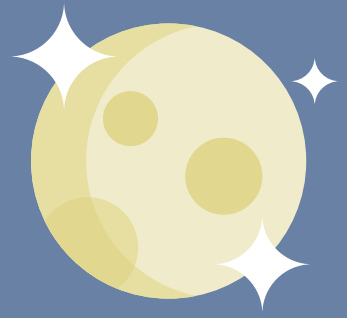


SCREEN TIME SETTINGS

Use the screen time settings built into your kids' electronic devices to program a time limit or specific time slots for use of certain apps.

ALL SCREENS WITHIN EASY REACH ... OR ALMOST!

It can be difficult to monitor screen time if your children have access to a TV, a tablet or some other device in their bedroom. Keeping screens out of bedrooms will prevent them from sneaking screen time and help them get more sleep.



PARENTAL CONTROL APPS

Download a screen time management app to monitor device usage, set time limits and filter content. There are even apps that will enable you to completely block access to certain apps or websites.

FIVE SCREEN TIME management apps



Qustodio



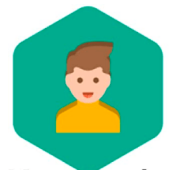
SCREEN TIME
(iOS devices
only)



FamilyTime



Norton
Family



Kaspersky
Safe Kids

KALEIDO
The RESP that does MORE

IN COLLABORATION WITH

