

Pressing Pause on Screen Time

Managing your child's screen time is important. Here are some tips on how you can support your child when it comes to breaking their screen time habits.



How much screen time should I give my child?

0-18 months old

Screen time is not recommended.

18-36 months old

Up to 1 hour per day.



Try these tips to reduce your child's screen time:

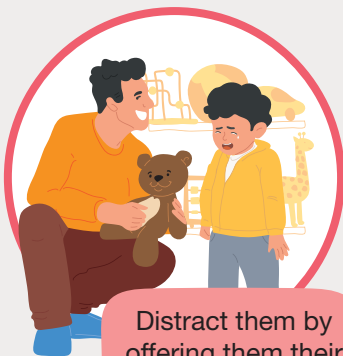
- Set rules and stick to them, such as no screens during mealtimes and 1 hour before bedtime.
- Prepare fun alternatives when dining out (e.g. bring a fun bag as a distraction).
- Be a role model by limiting your own device usage, including phone and background TV.



Download **FREE** screen-free activity sheets here.



Tantrums are expected if your child is used to having screen time and feels frustrated with the changes. Here's what you can do:



Distract them by offering them their favourite toy



Change the environment by bringing them out for a quick walk

Be understanding and accepting, try to hold your child firmly until their tantrum passes.



Share the rules and tips with other caregivers too!



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