

## If your child spends a lot of time on screens and you are worried about their:

- physical health
- sleep
- social activity
- energy levels
- weight

you may need to limit their screen time.



## Encourage your child to turn off their screens and to...

- talk to others
- play with others
- read books
- get 8-12 hours' sleep every night

Your child copies what you do.

If your child sees you having less screen time and doing more fun activities, this will encourage them to do the same.

Speech and Language Therapy  
and Psychology Departments  
HSE Dublin North City and County  
Ballymun Civic Centre  
Dublin 9

**For more information see:**

[www.mychild.ie](http://www.mychild.ie) and [www.makeastart.ie](http://www.makeastart.ie)

January 2020

## A parent's or guardian's guide to screen time

Primary school-aged children

**Turn off and tune in to fun!**

## How much screen time is appropriate for my child every day?



### Children aged 6 years and older

Agree screen time limits with your child based on their individual needs. Try to limit their screen time to 2 hours a day or less.

## Too much time on TV and other screens might lead to...



### Sleep problems

Children do not sleep as well when they have screens in their bedrooms. Poor sleep can affect your child's mood, behaviour and concentration.

### Poor school performance

Using screens before or after bedtime disrupts sleep and affects performance. Watching TV or using screens while your child is doing their homework can distract them and impact their learning.

### Less family time

Your child is less likely to talk to family members when they spend a lot of time using screens at home.

## Weight problems

Too much screen time can lead to weight problems for your child.



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## How can parents and guardians reduce screen time?

- Encourage children to 'earn' screen time tokens or passes when they do other things like playing outside before using screens.
- Have screen-free times or zones at home (for example, no screens at dinner time, at homework time or in bedrooms).
- Use apps on devices that limit screen time use.
- Have a plan or timetable for screen time use that all the family agrees. Share this plan with important others (like grandparents or babysitters).
- Find other activities their child could do such as:
  - spending time on other hobbies
  - giving them little jobs or chores such as making their bed
  - playing with toys or board games
  - dancing
  - colouring a picture.