

THE *Counseling* CONNECTION

St. Hilary School
Mrs. Eldred and Mrs. Parisi

Helpful Ways to Manage Screen Time Over the Summer

Summer is just around the corner. YAY! But wait, how do you manage your child's screen time when they are home ALL DAY??? Here are some suggestions to help keep the peace...

- Make Checklists - makes it easy for kids to see what has to get done before they can have screen time
- Tickets for Screen Time - each child is given a set amount of tickets per week to trade in for screen time, once the tickets are all used there is no more screen time
- Allow Kids to Help in Setting Screen Time Limits - when kids are involved in making the rules, they are more likely to follow them
- Provide Kids With Alternatives to Screen Time - provide a list of possible activities to help them understand what they're allowed to do and what's available to them
- "Clean Time for Screen Time" - children can earn screen time by completing chores around the house
- Practice What You Preach - limit your own screen time to set an example for children and to be more "present" and "in the moment"

May's Focus:

Managing Screen Time

<https://familytechzone.com/9-ways-to-manage-screen-time-for-kids-this-summer/>

Have a wonderful and safe summer!
Thank you for all of your support this year!

Sincerely,
Mrs. Eldred and Mrs. Parisi



THE *Counseling* CONNECTION

8 tips to keep on top of your child's screen time

- Plan screen-free time**, like outdoor play, music and sport.
- Lead by example** - reduce your own screen time.
- Agree on daily screen time limits.** It's not punishment, it's about keeping a balance.
- Be involved** - watch TV and play games together.
- Start with small reductions** to help lessen any resistance.
- Use tech tools to manage access**, such as parental controls.
- Resist giving mobile devices to children when going out** - take books or toys instead.
- Set tech-free zones and times at home** - e.g. all screens off in bedrooms after a specified time.

esafety.gov.au/iparent

May's Focus:
Managing Screen Time

