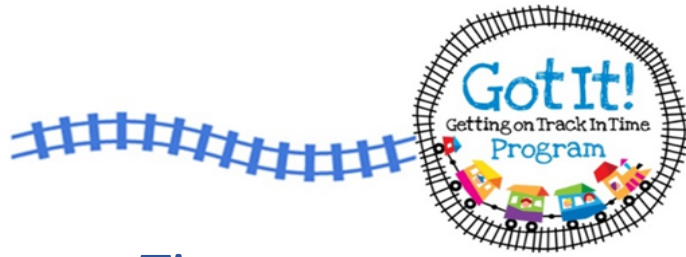


Got It!



Screen Time

Not sure how to manage the time your child is spending in front a screen?

It's important you keep a balanced approach to using digital devices such as a computer, iPad and TV.
Things to consider:

- Break up screen time with physical exercise and offline learning or play
- Designate "screen free" time
- Turn off screens including TV during meal times
- Ensure safe and responsible use of technology

Tips for safe screen time:

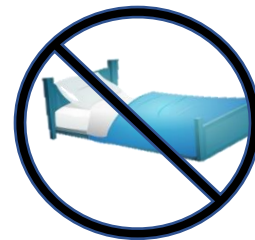
Use only in shared spaces



Be aware of what your child is looking at



No taking screens to bed



Teach your child about online safety

<https://www.esafety.gov.au/kids>



eSafetykids

Set clear rules



shutterstock.com - 450464194

Utilise parent controls to block, filter & monitor.

<https://www.esafety.gov.au/parents/skills-advice/taming-technology>

