

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.



Set tech-free zones and times at home -e.g. all screens off in bedrooms after a specified time.



Resist giving mobile devices to children when going out-take books or toys instead.

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