

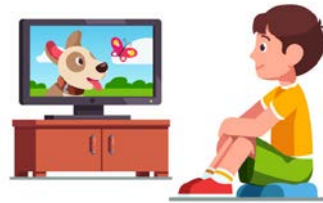
Developing Independence in 3 – 5 year olds



I Can Do It
Myself



Managing your child's screen time



'CHANGE'
Is going to be
hard, but that
doesn't mean it
isn't worth it!

You may read information in this booklet that will change the way you parent. Please make sure you think about the approaches you are going to use beforehand, talk to the other parents/carers involved and remember that it will be hard, but it is worth it!

Our children are surrounded by technology but right now the best thing we can do for our children is spend time with them and talk to them.



Every time your child learns something new; the brain makes a new connection.

Your child's brain is currently making 1,000,000 connections every second and will continue to do so until around the age of 7.

The more we talk to our children and repeat learning, the stronger these connections get

Staring at a screen can negatively affect the strength of these connections.



Too much screen time can:

1. Stop your child from recognising facial expressions and impact on their social skills with others
2. Cause strain on the eye muscles
3. Cause negative behaviour; the fast moving images and blue light can cause the brain to be overactive
4. Stop your child from having healthy sleep
5. Impact on healthy, emotional development
6. Stop brain connections being strengthened and affect your child's memory
7. Cause delays in your child's development if your child is sat still for longer than is recommended
8. Cause problems with your child's weight

3 and 4 year olds should only have 1 hour of screen time each day

My screen time record

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Top Tip 1

TOP TIPS

- Set your boundaries
- Make it clear to your child what the expectation is before starting screen time
- Set boundaries in chunks of time e.g 2 cartoons
- Let them tick it off when they've had their screen time – children like to see things visually

Top Tip 2

- Make sure an adult is having screen time with your child
- Co-viewing means that you can talk to your child about what they are watching

Top Tip 3

- Be a good role model
- Put your phone away at certain times of the day and especially when you are playing and talking with your child

Remember – children imitate what they see adults do!

Always remember to praise your child for following the boundaries you set. They need to know they have done the right thing!