Parent Guide

@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the Twinkl Parents website.

games

crafts

puzzles

experiments

word searches

What is this resource and how do I use it?

Are you keeping an eye on your child's digital wellbeing? Some health experts have recommended that children aged five to seven should limit their daily screen time to two hours. Encourage your child to use this handy chart to monitor the time they spend using screens.

What skills does this practise?

Computer Safety

Wellbeing

Mental Health Awareness

Further Activity Ideas and Suggestions

If you would like to learn more about developing positive screen time habits, take a look at this **parent and carer information sheet**. These handy reward charts might also be helpful when monitoring your child's use of technology: **Countdown to Screen Time** or this **Lift Off for Screen Time Checklist.**

Parents Blog

Twinkl Kids' TV

Homework Help

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Parents Hub

Digital Wellbeing: Monitoring Screen Time

Researchers have found that people spend more time using digital devices than they do on any other activity. Spending too much time on screens can stop you sleeping properly, affect your school work and increase your risk of becoming overweight. In addition to that, it can also have an impact on your emotional wellbeing.

But screen time isn't all bad. We often need to use technology for schoolwork, to socialise and to relax. It is just a good idea to keep an eye on how much time you spend looking at screens.

Use the handy chart on the next page to help you record all your time spent on digital devices - you could ask all the members of your family to do this to encourage digital wellbeing in your household.

Digital Wellbeing: Monitoring Screen Time

Device:	TV	Video Games	Tablet/Phone	Computer	Daily Total:
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Digital Wellbeing: Monitoring Screen Time

If the screen time is under two hours per day, you are doing great! If it's more than that, you might want to look at the ideas below to help reduce your screen time and improve your physical and mental wellbeing.

Some things you can do to help limit your screen time:

- Use your time on your phone or tablet as a reward for finishing your homework or tidying your room.

- Give yourself a time limit for each app you use and stick to it!

- Make a rule of no screens in the bedroom.

- Try a 'digital detox' day once a week.

- Don't look at your phone or tablet when friends or family come to see you.

- Make an activity jar of screen-free activities to do when you're bored.