

## Screen Time

*Are you concerned about your child's digital life? Check this video for whether they have a healthy relationship with technology:*

[https://youtu.be/a\\_ILU1E4uh0](https://youtu.be/a_ILU1E4uh0)

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The Royal College of Paediatrics and Child Health have produced guidance for screen time for under-18s. From research they have concluded that there is no 'recommended' or 'set amount' of time that children should be limited to on devices.

Focus should be on ensuring that time spent on devices does not replace sleep, exercise, or family time.

They advise that devices should be avoided in the hour before bed to promote healthy sleep.

They have provided the following questions to help parents and carers make decisions about their family's screen time use:

- Is your family's screen time under control?
  - Does screen use interfere with what your family wants to do?
  - Does screen use interfere with sleep?
  - Are you able to control snacking during screen time?
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*If you would like to get more advice about screen time, its effects and how to create balanced screen time for kids to keep a happy, healthy family please use this link:*

<https://www.internetmatters.org/issues/screen-time/>