



Top tips - Screen Time

from Y Teulu Cyfan team - Flintshire

We are a team based in Flintshire, helping parents with lots of different challenges, including behavioural issues and practical things too. We love seeing how making small changes can bring big results. It's amazing to see parents growing in confidence and feeling able to take control of situations they might previously have felt were too tricky.



Setting limits on screen time in a technology obsessed world isn't easy. Here are a few of our top tips on how to limit screen time, with as little stress as possible:

1. Be a role model.

Try to reduce habits like having the TV on in the background and reduce the time you spend on your own devices, especially when your children are around.

2. Create technology-free zones in your house.

Have areas in your home where screens are 'banned', whatever your age. Maybe bedrooms or the dining room can be reserved for meals and sleep / play only!

3. Avoid screens an hour before bed.

The Royal College of Paediatrics and Child Health advises that children should avoid screens an hour before bed to help sleep.

4. Make it a reward.

Talk to your child and together, find different things you enjoy together as a family. Schedule time for screen time and make it a reward. For example, tell your child they can earn screen time 'points' by helping you with chores, or by making sure they get their things ready for school the night before. Screen time can be a reward for completing their morning routine with 5 minutes to spare.

5. Spend quality time together.

Go for a walk in the park, take the dog out, collect leaves, give them something they can be responsible for like a bit of the garden they can 'own'. If you need to stay indoors, have some gloopy, messy play where you all let your hair down a bit. Think about what you would enjoy doing. Can your child join in and can you develop or discover shared interests?

6. Agree on the screen time and consequences.

Talk about and agree on how long screen time is allowed – including the consequence if this is not followed. For example, if after the time agreed your child refuses to stop, then the consequence could be no more screen time for the rest of the day / week.



And remember you are doing the best you can.

For more information and advice on screen time, see the full information sheet from Y Teulu Cyfan and visit gov.wales/giveittime

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