

## Screen time

can be described as the **number of hours per day** spent viewing TV/video, computer, electronic games, hand-held devices or other visual devices.



## Screen use in modern times

In the age of home-based learning, screens are pervasive in our childrens' lives. Screen use expectations need to be calibrated to account for this.

Our recommendations are focused on control of recreational screen time outside the classroom.



## Future considerations

While this leaflet provides recommendations for screen use in children up to age 6, it is important to **continue to ensure proper oversight of screen use** as your child enters primary school.

For example, limit recreational screen time to <2 hours per day.



## Suggestions & Alternatives

**Agree within the family and other caregivers** what your child's **maximum daily screen time** should be and stick to it.



**Explain to your child** about your screen time limit and what consequences there would be if the limit is exceeded.



Expose your child to a **variety of activities**, both digital and non-digital (e.g. board games, arts & craft).



Play **cooperative games** with your child to teach teamwork skills, while also having some fun family-bonding time.



Where possible, **watch videos/shows with your child** and **discuss lessons learnt**.

**Set a good example amongst the adults in the household.** Limit your own screen time, especially when interacting with your child. Avoid watching or playing violent and other inappropriate content while children are present.



Expert content by:



Initiative by:



**Healthy  
Screen Use  
for  
Young Children**

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Project Heads Up is a student-led initiative that aims to educate parents on how excessive screen time can affect child development. We also aim to empower educators and parents with effective strategies to reduce their children's screen time.

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