



TRAINING NETWORK

MANAGING SCREEN TIME



PARENT RESOURCE

Screens are part of everyday life, but too much can affect children's sleep, mood, learning and wellbeing.

It's not about removing screens completely – it's about balance.



WHY BALANCE MATTERS

Too much screen time can impact children's:

- ✓ **Sleep** – Blue light can make it harder to fall asleep.
- ✓ **Focus and learning** – Overuse can affect concentration and memory.
- ✓ **Mental health** – Linked to higher anxiety, low mood and poor self-esteem.
- ✓ **Physical health** – Less activity, poor posture and eye strain.
- ✓ **Relationships** – Less time for face-to-face connection and play.



REMEMBER: Screens aren't the enemy. It's all about how, when and why they are used.



SIGNS YOUR CHILD MAY BE SPENDING TOO MUCH TIME ON SCREENS

- ✓ Irritable or upset when asked to switch off
- ✓ Less interested in other activities
- ✓ Trouble sleeping or tired during the day
- ✓ Finding it hard to concentrate
- ✓ Neglecting homework or responsibilities
- ✓ Withdrawing from family and friends
- ✓ Complaining of headaches or eye strain
- ✓ Spending more time than planned on screens



REMEMBER: It's not just about the time – it's about the impact.

TOP TIPS FOR HEALTHY SCREEN USE



SET CLEAR LIMITS

Use age-appropriate guidelines and set consistent daily time limits.



CREATE SCREEN-FREE ZONES & TIMES

No screens at meals, in bedrooms or 1 hour before bedtime.



BE A ROLE MODEL

Children copy what they see. Model balanced screen use.



ENCOURAGE QUALITY OVER QUANTITY

Choose educational, creative and age-appropriate content.



PROMOTE OFF-SCREEN ACTIVITIES

Encourage play, exercise, hobbies, reading and time outdoors.



TALK AND CHECK IN

Ask about what they're watching or playing. Show interest and listen.



USE PARENTAL CONTROLS

Use settings and filters to keep your child safe online.



AGE GUIDELINES (GENERAL ADVICE)

- ✓ **Under 2 years:** Avoid screen time (except video calls)
- ✓ **2–5 years:** Up to 1 hour per day of high-quality content
- ✓ **6–12 years:** 1–2 hours per day
- ✓ **13–18 years:** Set consistent boundaries that work for your family



REMEMBER: Every child is different. Focus on balance, not perfection.



We're Here to Help

HH Training Network offers assessments, resources and ongoing support for children and families.



Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com



EDUCATE • EMPOWER • SUPPORT

Helping children and families build a healthier, happier future.



Email: g@hhtrainingnetwork.com



Website: hhtrainingnetwork.com