5 WAYS TO REDUCE SCREEN TIME

1. SET AN EXAMPLE
   Children copy everything. Lead by example & keep your screen time to a moderate level. This will prevent your child from feeling unfairly treated.

2. NEGOTIATE
   Strict rules and harsh changes rarely go well. If you have older children, have a mature conversation with them before anything else. Discuss your concerns & work together to come to a solution everyone is (more-or-less) happy with.

3. MAKE IT COMMUNAL
   Screen time does not have to be synonymous with isolation. Incorporating "Family Film Nights" into your week is an easy way of making technology more beneficial.

4. ENCOURAGE NEW HOBBIES
   Coinciding a new hobby with a reduction in screen time will make it much easier to implement.

5. BAN SCREENS IN BEDROOMS
   Removing screens from kids' rooms entirely is an easy way to both limit & monitor their screen time. They will also be less likely to want screens in communal areas where there are other distractions.