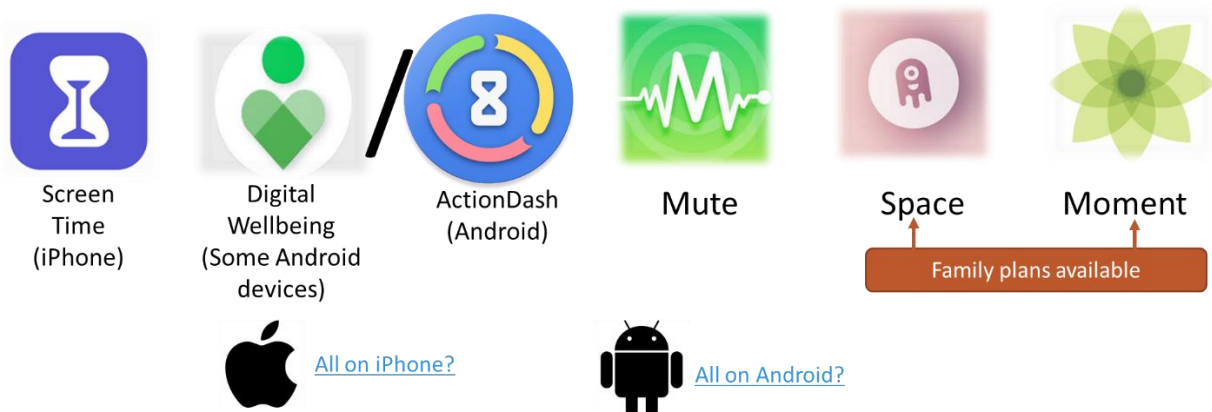


# Managing Your Child's Screen Time

## What Steps can I take?

- Model good practice with screen time!
- Talk to your child about the benefits and dangers of technology and the effects of too much screen time.
- Get screens out of the bedroom.
- Keep screens off when not specifically in use, so they are not a background distraction.
- Ensure screen free time for the whole family – mealtimes, homework time (unless required).
- Be persistent, but fair.
- Ensure both you and your child are aware of their actual amount of screen time, particularly on phones and consoles.

## Managing screen time on phones and tablets:



<https://support.apple.com/en-gb/HT201304>

<https://support.google.com/families/answer/7103340?hl=en>

## Managing screen time on PS4 and Xbox:

- Both Sony and Microsoft have created management tools within the Playstation and Xbox to allow parents to setup screen time controls.
- These both require you having a parent Playstation or Microsoft account which is linked to your child's accounts, and require some parental setup
- For full details on setting up screen time limits:
- PS4: <https://blog.eu.playstation.com/2018/03/09/how-to-set-your-familys-ps4-play-time-using-5-50s-play-time-management/> or search 'managing PS4 time'
- Xbox: <https://www.howtogeek.com/313299/how-to-set-screen-time-limits-for-kids-on-an-xbox-one/> or search 'managing child's Xbox time'