

I want to reduce screen time in my house: what can I do?

Have a plan and stick to it: It is helpful to sit down in calm moment, as a family, and discuss the boundaries of screen use that you will be adopting, using the above questions as a guide. It is important that: everyone understands the boundaries; family members are praised and, if appropriate, rewarded for respecting these boundaries; and boundaries are consistently applied and, if necessary, consequences are put in place.

Be aware, but not intrusive or judgmental, when it comes to teenagers' use of the internet

Think about your own media use: maybe what you are doing on your phone is important, but can it wait?

Prioritise face-to-face interaction: online interaction is great, but no substitute for the real thing!

Be snack aware: If you are going to combine snacks with screen use, do so as part of an overall diet plan.

Protect sleep: No screens for an hour before planned sleep time is a sensible rule of thumb



Key resources for parents

- NSPCC [online safety information](#) and [NetAware](#) - a no-nonsense guide to social networks, apps and games, including privacy settings and age suitability advice.
- NHS [change4life](#) - healthy recipes, nutritional advice, and top tips and activities to help families stay healthy.

This fact sheet has been produced by the Royal College of Paediatrics and Child Health (RCPCH) as a guide to support parents in navigating their children's screen use. For more information please visit <https://www.rcpch.ac.uk/screen-time>. First published January 2019.