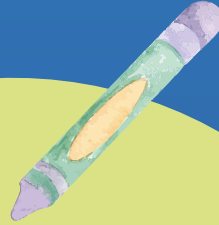




# *Effective tips to limit screen time for kids*



*Parenting tips from Learning Plus*

*Set an example and  
reduce your own screen time*





*Find and spend time  
playing with your kids*



*Encourage activities that do not  
require screen time*







*Encourage independent play*

*Restrict access to devices,  
especially before bedtimes*





*Be consistent and turn off devices  
when not in use*



*Don't make screen time as  
reward or a punishment*





*Invite your kid's friends  
to your place more often*

*Use family meals and outings  
as bonding time*







*Talk to your kids about the dangers  
of too much screen time*