



# Screen Time Guidelines

## Finding a balance between screen time and leisure time

### FACTS:

Australian National Guidelines for screen time and usage:

No screen time for children younger than 2yrs.

Up to 1 hour per day for children aged 2-5.

Up to 2 hours recreational screen time for children aged 5-17 (not including schoolwork).

Australian children are spending at least 3 hours using screen base devices at home on a typical day.

Most Australian children across all age groups are exceeding the current national recommended guidelines for screen time.


62% of Australian parents report family conflict due to the use of screen-based devices.

Excessive use of gaming platforms can lead to addiction and other problematic behaviour in children.

Children aged 8-10yrs need to focus primarily on physical, social, creative, and structured play (with other children).

Kids aged 5-13yrs need 9-11 hours of uninterrupted sleep at night.

## Recommendations

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- ✓ No devices in bedroom
  - ✓ No screen time before school
  - ✓ Parents are encouraged to model good screen time behaviour.
  - ✓ Engaging children in the decision-making process when creating your screentime agenda.
  - ✓ Create screen free areas in your home
  - ✓ Participate in regular, physical activity.
  - ✓ Ensure parent controls, filters and appropriate history checks are imposed and conducted.
  - ✓ Consider reducing or removing devices when adverse behaviour is evident.
  - ✓ Balancing exposure by applying “reward” screen time by finishing homework, completing chores, brushing teeth etc.
  - ✓ As children grow, gradually give them more control and choice in how they manage their time.

# **SAMPLE:** Stage 3 Students

## **MONDAY – FRIDAY**

### **2 hour maximum**

#### BEFORE SCHOOL (6am-9am)

NO access to devices or screen time.

#### SCHOOL (9am-3pm)

NO access to devices or screen time.  
(outside of school education)

#### AFTER SCHOOL (3pm – 6pm)

Up to 90 minutes screen time.  
(Encourage breaks during screen time).

#### DINNER TIME (6pm – 7pm)

NO access to devices or screen time.

#### AFTER DINNER (6.30pm – 8.30pm)

Up to 60 minutes of screen time.  
(concluding at least 60 minutes before bedtime).

## **WEEKENDS & SCHOOL HOLIDAYS**

Up to 2 hours of screen time.  
(Encourage breaks during screen time).