

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.

MONDAY - FRIDAY

BEFORE SCHOOL - 6am-9am

NO access to Devices or Screen time.

SCHOOL - 9am-3pm



NO access to Devices or Screen time.

AFTER SCHOOL - 3pm – 6pm

Up to **90 minutes** Screen time.

(Encourage breaks during Screen time).

DINNER TIME - 6pm – 6.30pm

NO access to Devices or Screen time.

AFTER DINNER - 6.30pm – 8.30pm

Up to **60 minutes** of Screen time

(Concluding at least 45 minutes before bedtime).

Consider earlier bedroom schedule – 30 minutes

BEDTIME - 8-10 hrs Sleep minimal

No access to Devices in bedroom

WEEKENDS & SCHOOL HOLIDAYS

Allow further flexibility where possible.

*(Encourage breaks– **Max 90 mins on any day**)*

Encourage outdoor activities with friends & family

