



## Screen Time

### SCREEN TIME

**The holidays are fast approaching and will provide a well-earned break for students, teachers and parents. Parents can be tempted to relax the boundaries linked to screen time over the holiday period, but be careful that it does not result in unhealthy digital habits developing.**

Parents play a crucial role in modelling a positive and healthy approach to using screens and assisting children to navigate the content they watch. It is better to model and mentor screen use, rather than monitor it. Children tend to do more of what they see us do, and less of what we tell them to do. However, it is still important to outline the risks and highlight the benefits of screen use to ensure you keep a balanced attitude. Encourage discussions around the issues that people experience in monitoring their screen time and be honest about your own difficulties.

Parents need to remain firm in their approach to managing screen time. Excessive screen time can be detrimental to a child's overall wellbeing. Ensuring the correct privacy settings are in place is vital to prevent children from being inadvertently exposed to inappropriate content or online predators. Parents need to also be mindful of the potential impact screen time can have on a child's social, emotional, educational, behavioural, and even physical domains.

In this edition of SchoolTV, care-givers will be provided with a range of guidelines and strategies to help manage screen time at home. We hope you take time to reflect on the information offered in this month's edition, and we always welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

[Here is the link to this month's edition](#)

**Adjusted by Jacoline Petersen**

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