

Balancing Screen Time



Lead by Example.

Set your own screen boundaries to inspire your kids to do the same.



Set Boundaries Together

Involve your kids in setting limits for screen time, platforms, and create screen-free zones.



Balance Screen Activities

Ensure a mix of creative, educational, and social screen activities for a healthy engagement.



Avoid Screen Time as a Reward

Avoid using screens as rewards to ensure they don't overshadow the importance of other activities.



Prioritize Physical Activity & Sleep

Keep screens out of bedrooms at bedtime and encourage daily physical activity for a balanced lifestyle.



Creating a balanced digital diet

A balanced digital diet, like a healthy meal, fosters good online habits in children. Follow our tips to help them prioritize screen time activities wisely.

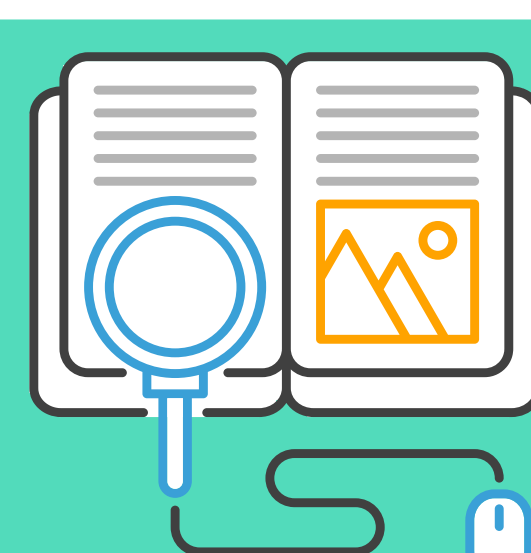
Learn and create



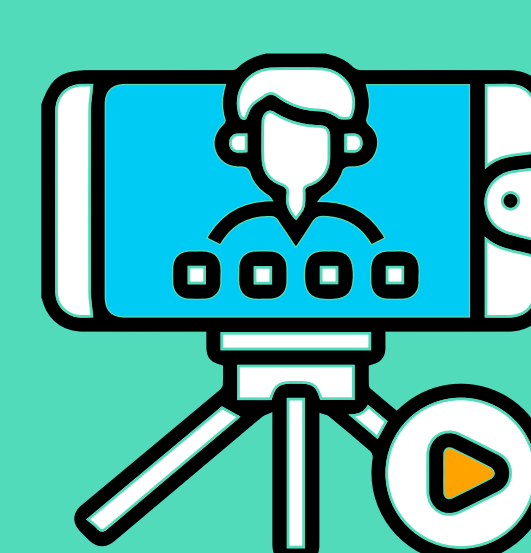
Homework online



Educational games



Discovering & researching



Creating digital content

Connect



Family & friends

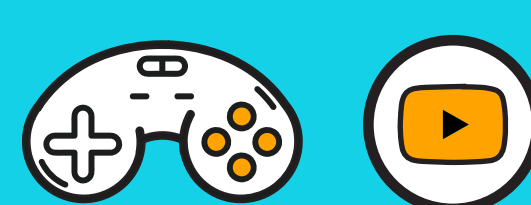


Share achievements



Play with others

Free time



Play games and watch videos



سيف سبيس
Safe Space

وزارة الاتصالات وتكنولوجيا المعلومات
Ministry of Communications and Information Technology
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