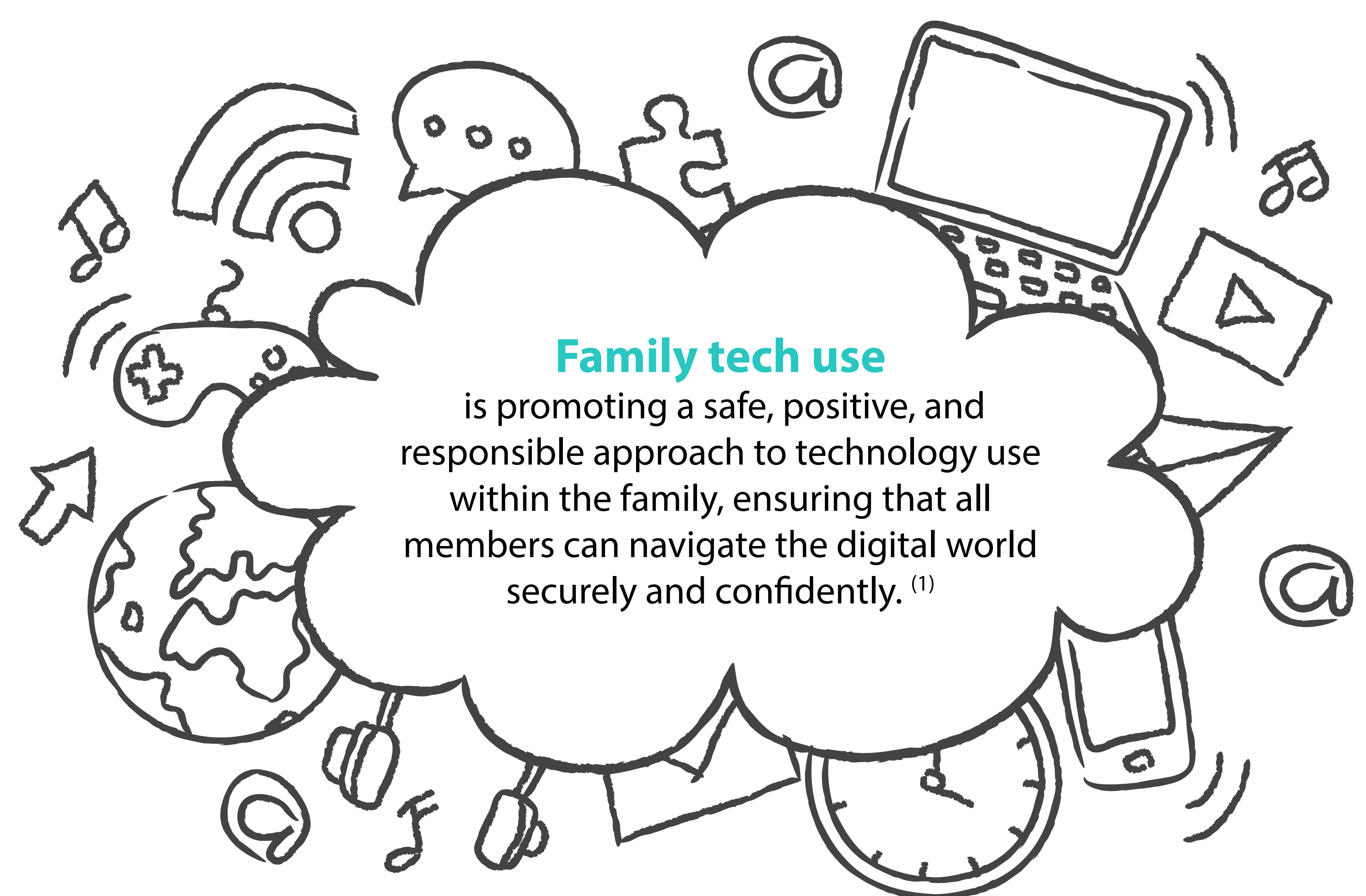


Promoting healthy Family tech habits and positive digital experiences for children and families.



It encompasses various aspects such as



The devices used.



The duration and frequency of usage.



The types of online content accessed.



The measures taken to ensure online safety and security.

key insights and recommendations

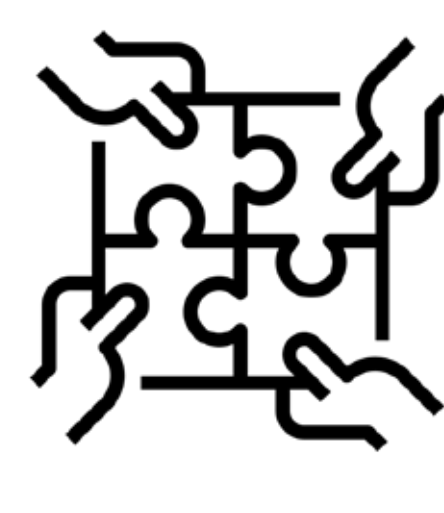


Balanced Tech Use

Encourage balanced tech use with clear limits.

Role model behavior

Lead by positive tech example.



Collaborative Support

Work together to address challenges.

Monitoring & Supervision

Use parental controls and supervision.

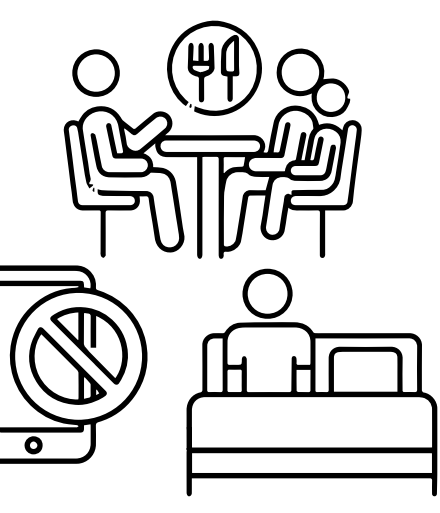


Community Building

Create support communities for guidance.

Tech-Free Zones

Designate tech-free times and areas.



Education Access

Provide access to educational resources and tools for parents/caregivers and medical/social workers to stay informed about the latest research, trends, and best practices in digital parenting.

Open Dialogue

Foster open communication channels between parents/caregivers and children about technology use, encouraging dialogue, trust, and mutual understanding.



Screen Time Guidelines

Follow age-appropriate limits recommended by reputable organizations, to support healthy development and well-being.

Digital Well-Being

Prioritize digital well-being by promoting mindfulness, moderation, and intentional use of technology within the family environment.



For screen time, the guidelines recommend ⁽²⁾

NO

screen time for children younger than two years.

more than one hour per day for children aged 2–5 years.

more than two hours of sedentary recreational screen time per day for children and young people aged 5–17 years (not including schoolwork).

What are you waiting for ?

By implementing strategies and fostering a supportive environment, parents/caregivers and medical/social workers can work together to ensure that technology enhances, rather than detracts from, the well-being and development of children and families.

Citations:

(1) <https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>

(2) [https://aifs.gov.au/resources/short-articles/too-much-time-screens#:~:text=For%20screen%20time%2C%20the%20guidelines,years%20\(not%20including%20schoolwork\).](https://aifs.gov.au/resources/short-articles/too-much-time-screens#:~:text=For%20screen%20time%2C%20the%20guidelines,years%20(not%20including%20schoolwork).)