

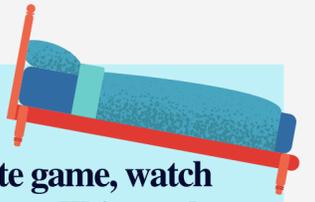


# SETTING HEALTHY HABITS WITH SCREENS

The internet and screens can be an extremely useful tool for providing information, playing interactive games and generally keeping people entertained. During current circumstances it is even more vital as a means of our young people staying in touch and receiving their education. However, too much screen time can have negative side effects if left unregulated. Try some of these top tips to set up some healthy habits when using screens.

## Be Mindful of Screens in Bedrooms

Where possible, try to keep screens out of bedrooms. It's all too tempting to play one more round of a favourite game, watch another episode on Netflix or extend a video call with a friend if screens are permanently in children's bedrooms. This can be particularly disruptive when trying to maintain a healthy sleep routine. If screens must remain in bedrooms, agree a time when they will be turned off in the evening - at least one hour before bedtime, allowing young people some time to wind down.



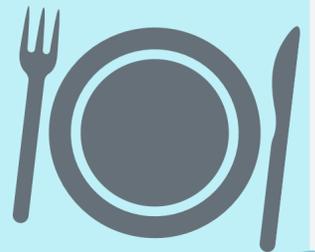
## Role Model Healthy Habits

Our children look up to us as role models in every way conceivable. From communication to regulating emotions, exercise to motivation - they are always learning from us. Role model positive habits with screens by putting screens away/turning them off at times, and giving your full attention during a conversation. Put your phone on silent if needed!



## Turn Off Screens During Mealtimes

Mealtimes are a perfect opportunity for families to come together and have some uninterrupted time to talk, connect and have fun. Use this opportunity to chat about your day, ask children what they have enjoyed and share jokes - without the distraction of the TV. These small moments will make positive memories for young people to reflect on.



## Offer Fun Alternatives

Ensure that there are plenty of alternatives to screens for young people to play and engage with. You could suggest a board game, go out for a walk, read a book together or do something creative. Breaking up screen time with other interactive activities is a good way of boosting young people's wellbeing.



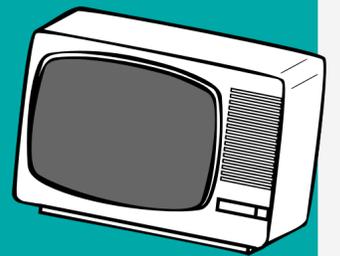
## Use Parental Controls

Ensure that content children and young people are accessing is age appropriate for them. Monitor apps they are using, in addition to websites they visit. Parental controls can be applied if necessary in order to keep your child safe on the internet. Remember that most social media sites such as Instagram and Facebook have a minimum age requirement of 13.



## Set a Family TV Schedule

Find some programmes that the whole family might enjoy watching and dedicate some time to these. Time spent as a family watching a programme as a unit is much more rewarding and healthy than everyone watching independently in their own rooms.



## Take Regular Screen Breaks

Just as it is important to take regular breaks from work, it is also important to take a break from screens. This could be an opportunity to go for a walk, play a game or simply connect with family members within the household.



For more wellbeing tips and advice follow us at Wootton Park Wellbeing on Instagram.

Or to book a wellbeing call for your child, go to [www.schoolinterviews.co.uk](http://www.schoolinterviews.co.uk) and enter code bky83 to book a call.

