

Managing Your Child's ☆ Screen Time ☆

If your child is spending too much time on screens, try this simple method to teach them about balance:

Water Cup Analogy:

Use a pitcher of water and several empty cups:

Explain that the pitcher is the total time in a day, and each cup represents different activities like learning, rest, playing, family time, and screen time.



Label and Fill the Cups:

Label each cup with an activity, including screen time. Fill the cups with water to represent how your child spends their time. Notice if the screen time cup is overflowing.



Discuss:

Explain that too much screen time means less time for other activities like playing outside, reading, and sleeping. Ask your child:

- Which activities are important for health and happiness?
- What can we do when some activities take too much or too little time?
- Which activities use our energy, and which ones give us energy?



Find a Balance:

Work together to create a balanced daily schedule. Agree on a reasonable screen time limit, like an hour a day, to ensure time for other activities.

This will help your child see their day clearly and understand the need for a balanced routine, leading to healthier habits and less screen time.

