



Managing Screen Time for Your Child

With digital devices everywhere, it's crucial to manage your child's screen interactions to support their growth and well-being. Let's explore how to create healthy screen time habits for your little ones.

KixTips

Consistency is key. Set and maintain clear screen time boundaries for your child.

SECTION 1

Healthy Screen Time Habits for Young Kids

Under 2 Years: Experts suggest avoiding screen time altogether to encourage direct interaction and development.

Ages 2 to 5: Limit screen time to under one hour per day, focusing on high-quality, educational content.

Balanced Activities: Encourage physical play, reading, and creative activities to offset screen time and promote well-rounded development.

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Replace screen time with interactive activities that stimulate your child's mind and body.

SECTION 2

Tips for Smart Screen Management

Set the Example: Demonstrate balanced screen habits yourself.

Create Clear Rules: Implement no-screen times during meals or before bed.

Engage Together: Watch and discuss content with your child to enhance learning.

Choose Wisely: Select age-appropriate and educational programs.

Handle Resistance: Gradually introduce changes and offer exciting alternatives to screen time.

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Consistently enforce screen-free zones and times to encourage other forms of engagement.