

Screen Time!!!!

Our kids love screens!! So it always so hard to get them off them, see below some top tips of how to end screen time well.

End screen time well

- Giving our child/ren a time frame helps them to end screen time when we ask them to, e.g. 'in five minutes', 'at the end of this episode', 'when this round is over.'
- Sitting with our children for the last few minutes, and watching with them, can help bridge the gap back into the 'real world'.
- Suggesting an alternative activity, e.g. Playing a game or going to the park, can distract them if they are feeling frustrated about having to end screen time.

