



Stay Alert!

Be Safe!

Stay Safe!

Know How!

How we use screens has changed how we live our lives. Screens can make our **education, work and social activities easier and speedier** but as lockdown continues, your screen time, as well as your child's is probably increasing.



But is it really that bad?



Well, like all things in life, **moderation** is the key and so we've put together some ideas to help you take back control of screen time so **you and the kids** can find some balance.



5 Ways to Take Back Control of Screen Time

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1. Take regular breaks

Too much time looking at screens can make our eyes dry and strained. It helps to take a break every 20mins.

2. Keep active during the day

It's easy it is for kids to binge watch on YouTube or spend a long time chatting with their friends at the moment; do remember that we should be active (meaning slightly out of breath) for at least 60mins each day.

3. Know your limits

Games can be addictive, and apps are 'gamified' to encourage young people to keep using them - Clear rules, setting times and talking about apps together will avoid children 'losing time' to games, apps and social media.

4. Screen free times/places

It can help to have times and places where phones are out of bounds: meal times, learning times, family times and bedtimes.

5. Be a role model

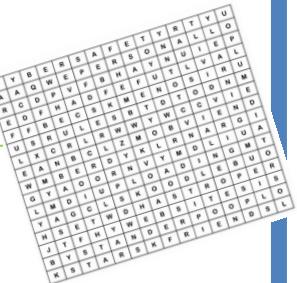
Young people will copy adults around them, so it's important to put your phone down during family time; it gives credibility and bargaining power when we try and set boundaries.

For more top tips on online safety visit:

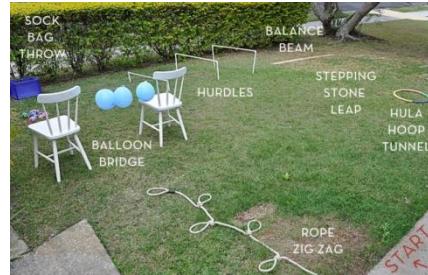
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5 Activities to help you & the kids take a screen break...

Be a winner at **word search** or complete some **calming colouring**.



Create a **crazy obstacle course** - indoors or outdoors, you can use anything... on your mark, get set, And GO!

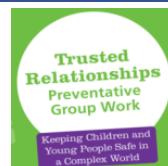


Design a fabulous bird box – making your own bird feeder couldn't be easier, use a large milk bottle and felt tips to colour the plastic. If you're feeling extra creative you can add paper, feathers and other things to make them bright and colourful.

(Remember to add a perching stick – and a few bread crumbs too).



Get your groove on- #Dance #Moves #Challenges. Bring those moves learned online into the offline zone... whether it's a **Tik-Tok** dance off, **#challenge** or **Fortnite Flapper , Floss or Electric Shuffle**... have you got what it takes to keep up with the kids?



Marianne
Trusted Relationships
07736 197 269