

Teaching Your Child to Manage ➤ Screen Time Independently ⚡

When your child seems to want a lot of screen time, it's important to start good habits early. Here's how you can empower your child to manage their own screen time effectively:

Talk About Our Limited Time:

Sit down with your child and discuss how much time they spend on screens. Make a list together of other fun things they like to do. Help them see that too much screen time can take away from these other activities.

Discuss Screen Influence:

Explain to your child that apps, websites, and shows are made to keep them interested. Tell them how these companies make money when they use their stuff a lot. This can help them make smarter choices.

Set Limits Together:

Ask your child how much screen time they think is fair each day. Let them help decide the limit. They might surprise you and suggest a good balance!



Use Tools:

Decide together how you'll keep track of screen time, like using a timer or a separate tracker. If they have trouble sticking to the limit, talk about it again. This helps them understand that this topic can be ongoing until you find a solution that works for both sides.

Encourage Independence:

As they get older, let your child be in charge of their screen time. When the time is up, trust them to stop without reminders. This helps them learn to be responsible.

By involving your child in these decisions, you teach them important skills like managing time and setting limits. They'll learn to balance screen time with other activities to create healthier habits for the future.

Source: Nir Eyal, an instructor at Stanford University

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If you have any questions, email us at support@biglifejournal.com

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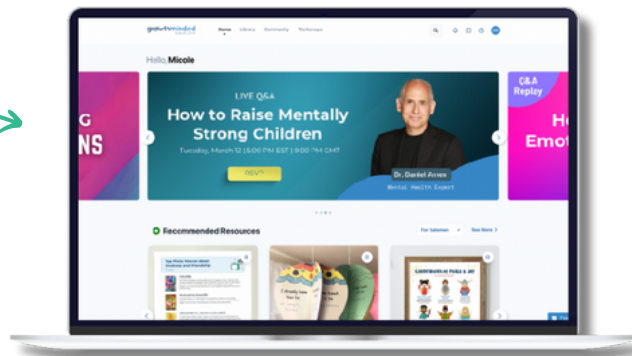
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-Sarah N.

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