



## Parent University: The Wellbeing Series

# Screen Time vs Family Time: Key tips and links

## Self-diagnosis

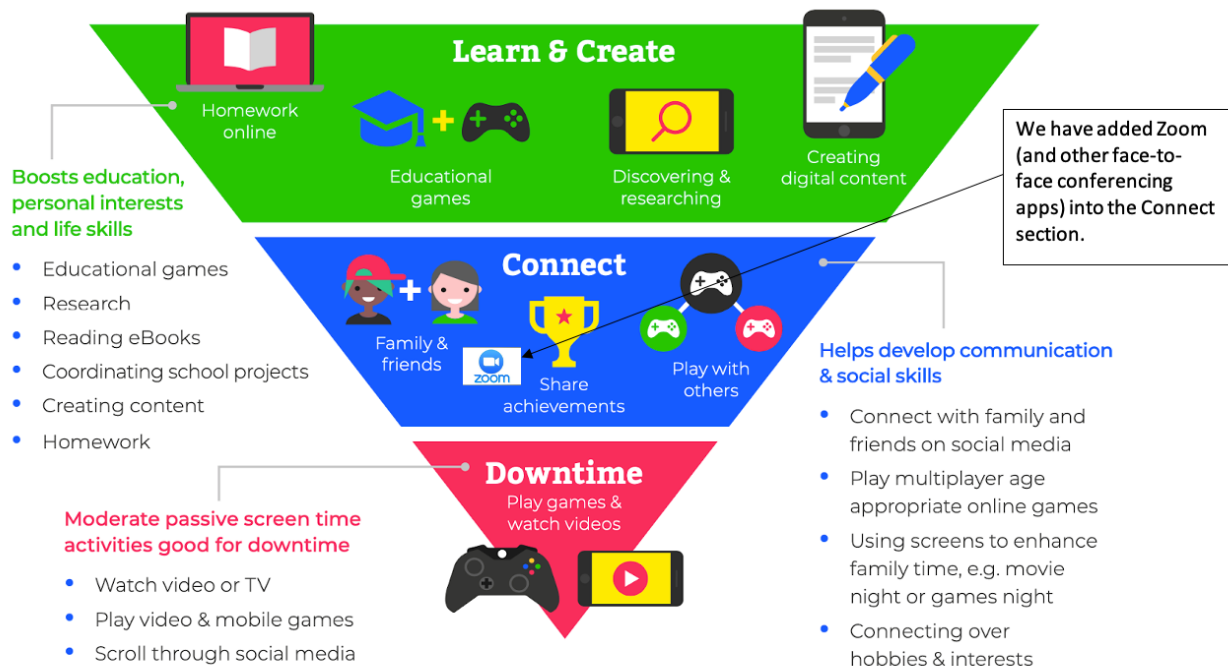
**Don't panic**—the kids are (probably) all right. There are some easy ways to see if they're not.

Ask yourself, are your kids:

1. Getting enough sleep?
2. Physically healthy?
3. Connecting socially with family and friends?
4. Engaged with and achieving at school?
5. Pursuing interests and hobbies?

## Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children **to develop good online habits**. Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.





## Solution 1: Create a family media contract

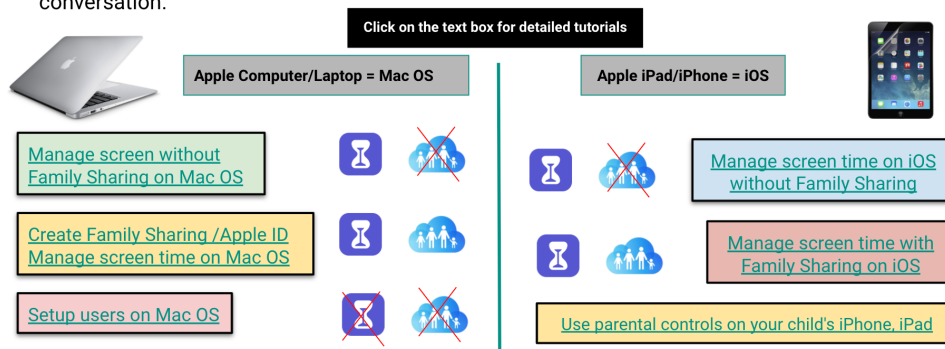
1. Let your kids be **included** in decisions around screen rules;
2. For tweens and teens - take the opportunity to **share the research** and your concerns;
3. Have a **calm** and **rational** conversation with your kids, let them feel they're a part of the decision.
4. You're a part of the contract - always show your kids the responsible way of using technology.

Family Media Contracts (click links to get the template):

- [General Family Media Contract](#)
- [Family Media Contract: Cell Phones](#)
- [Family Media Contract: Computer](#)
- [Family Media Contract: Video Games](#)

## Solution 2: Use parental controls

**Don't let parental controls prevent you from parenting.** Navigating the digital world is a **constant** conversation.



- **Apple Computer/Laptop = Mac OS:**
  - [Manage screen without Family Sharing on Mac OS](#)
  - [Create Family Sharing /Apple ID and manage screen time on Mac OS](#)
  - [Setup users on Mac OS](#)
- **Apple iPad/iPhone = iOS:**
  - [Manage screen time on iOS without Family Sharing](#)
  - [Manage screen time with Family Sharing on iOS](#)
  - [Use parental controls on your child's iPhone, iPad](#)



## Solution 3: Set up device-free times and zones

**No laptops or cellphones in the bedroom.**

**No texting after 8 p.m.**

**Charge phones in the kitchen overnight.**

**No devices at the dinner table.**

Kids crave structure and are often relieved to be free of their devices. Print rules out and you can put it up somewhere in the house.

The only way to make this strategy successful is **for you to follow these same rules.**



Apps that encourage open-ended play:








Discover the world from home:





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Useful sites:

What	Link (Click the icon)
HealthyChild.org Family Media Agreement	
Department of Health Screen time recommendations	
Building Digital Resiliency	
Fantastic website with videos, reviews and ideas for parents	
AAP Screen time recommendations	
Hong Kong Family Health Service: Screen Time for Kids: Guiding Parents on the Kind and the Time	

Hong Kong Science Museum

[The Science Behind Pixar](#) until December 1<sup>st</sup>

[Online workshops](#)



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Screen free ideas

[Quality Time with Kids - suggestions and ideas](#)

[Simple activities to do with children](#)

Other information

[Family Time VS. Screen Time](#)

[Finding a Balance Between Family Time and Screen Time](#)

[The Messy Truth About Kids' Screen Time](#)

[Managing screen time: children 3-11 years](#)