



Are you attached to your screen or your child?

Don't make your child compete for your attention



SCREEN TIME OR
YOUR CHILD'S TIME

1 IN 3



Adult mental health problems start in childhood

0-5 is the most important time for your child's brain to develop. This is the best time to create and grow the bond you have together. Your child learns from the people around them, this is an important time to make them feel safe and loved. Parents who spend too much time on their screen lose time to create that special bond and this can have a lasting effect on your child through out their lives.

Too much time on your screen could cause your child to...



- have behavioural problems
- become less creative
- develop poor coping skills
- have poor communication skills

- have trust issues
- feel unloved
- become distressed
- feel anxious



- have trouble making friends
- struggle to learn at school
- develop low self-esteem
- learn unhealthy screen habits

Help your child to flourish by



Finding a healthy balance of screen time and family time can give you more opportunities to create a warm, supportive environment for your child to flourish in.

There can be benefits to shared screen time with your child

When you and your child use a screen together for a short period of time this can have a positive impact on your child's development.



Use educational apps to teach your child about objects, numbers and letters

Watch a fun children's video and talk about what is happening during and after the video.



Play interactive games together for fun and to encourage sharing



Get the balance right

For Family support groups in your area visit
Children & Young People's Strategic Partnership: : www.cypsp.org
Parenting NI: www.parentingni.org



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Western Health
and Social Care Trust