



PARENTING FOCUS

Making Screen Time Beneficial for Children Top Tip:

Young children having access to screen time has potential to be beneficial to their development, creatively and academically.

Phones and electronic devices can allow for improved literacy and world knowledge, if supervised by parents.

Ways to make screen-time beneficial to your child:

- Apps that promote for creativity such as 'Crayola Create and Play' and 'Drawing Pad', encourage positive screen-time and stimulation.
- Interactive games are much better for children in comparison to being given a show to watch where they simply fixate on the screen.
- Asking your child about what they have been doing on the device that day and engaging in conversation about what they have played encourages social skills and their literacy as well as their cognitive understanding of what they're doing. These conversations also give insight into your child's developing interests.

