



Folkhälsomyndigheten

How do you talk about screens at home?

Tips and advice on children's screen use

1.

Show interest in what your child is doing on the screen, just as you do with other things in their life.

2.

Help your child put away all screens at least half an hour before bedtime. Make sure they leave their phone, computer, and tablet outside the bedroom.

3.

Have family discussions about screens. Ask what your child wants to do in their leisure time and what they need to do in a day.

4.

Be a role model! Think about how much you use your screens when you are with your child.

Scan the QR code for more tips and the research on topics such as:

- Creating balance in everyday life
- Dealing with fights over screens
- Screens and children with disabilities.
- What you can do if someone seems to be addicted to using screens.

