



Folkhälsomyndigheten
PUBLIC HEALTH AGENCY OF SWEDEN

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.

