



Folkhälsomyndigheten

# How do you talk about screens at home?

Tips and advice on children's screen use



Photo: Plattform/Johnér

# Help your child develop good digital habits

We can do many good and fun things with screens in our leisure time, like keeping in touch with friends or watching things that make us happy. However, we can also see or experience things that are difficult or frightening. Most apps and games are designed to give us a quick buzz and make us want to use them more and more. This means that we can easily get “sucked in” to the screen, and other, important things can seem boring. Screens can take time away from other aspects of life crucial to children’s well-being. For example, research shows that spending too much time in front of screens can make it harder for us to sleep and concentrate.

By talking to each other about screens, we can create good habits and increase safety. Use the questions on the back to help you! Keep in mind that all children are different, and that it can take time to change habits. Learn more by scanning the QR codes in the mailing.

## Tips for creating good habits

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**1.**

Show interest in what your child is doing on the screen, just as you do with other things in their life. This will increase the chance that your child will talk to you about what’s happening online.

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**3.**

Keep track of the apps, games, and programmes your child uses. Follow the age limits for games and apps like Snapchat or TikTok. Children may be exposed to advertisements and unreasonable beauty standards or be approached by strangers online.

If you want to know more about games: [kollaspelet.se](http://kollaspelet.se)

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**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.

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**4.**

Talk to the parents of your child’s friends. If several families have the same rules about screen time and age limits, it reduces the risk that any child will feel left out.

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**5.**

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

## Balance between screen time and other activities

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. Ask questions like: What do you want and need to do in your leisure time?

### What does research say about screen time?

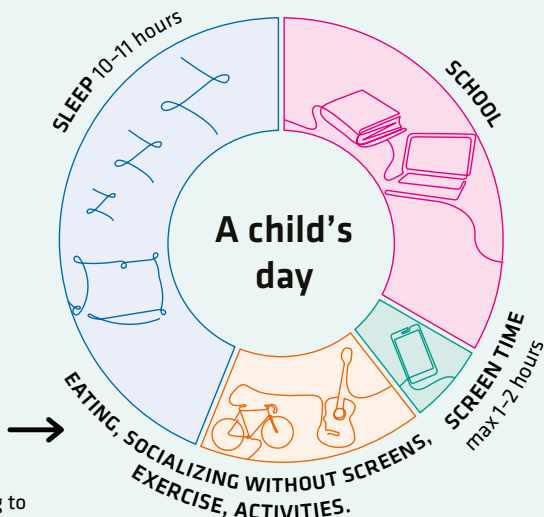
Children under 2 years – no screen time

2–5 years – max 1 hour a day

**6–12 years – max 1 to 2 hours a day**

13–18 years – max 2 to 3 hours a day

Screen time at school, doing homework, listening to music/podcasts or assistive devices for children with disabilities do not count as screen time in the wheel.



### Scan the QR code to learn more:

- Use parental controls to set safety and time limits for apps and games.
- Learn about children's rights online.
- Reduce the risk that your child will be exposed to something negative online.



[mediemyndigheten.se](https://mediemyndigheten.se)

### It's smart to put your phone away sometimes. Did you know that:

- Children do their homework up to four times faster if their phone is in another room.
- Children who sleep with their mobile phone outside the bedroom sleep better and longer.
- Children who have their mobile phone in another room are more present than children who have their mobile phone next to them.
- Physical activity reduces the risk of negative effects of screen time on children. All movement counts.

# What we do with screens in our home

Use the questions to think about and decide what your family wants to do at home



What do we want to do when we use screens?

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When and where at home do we want to be screen-free?  
For example: When we eat, before we go to sleep.



How long do we use screens on weekdays and days off work/school?

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What can we do instead of using screens?  
What are some fun indoor/outdoor activities?



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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.

