



**CYBER
VAULT**
FOUNDATION

5

SMART WAYS TO MANAGE YOUR CHILD'S SCREEN TIME

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1

CREATE A FAMILY MEDIA PLAN

Set clear daily or weekly screen time limits. Include rules about when and where screens are allowed (e.g., no screens during meals or before bed). Write it down and involve your child in setting the rules, this builds accountability.

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2

ENCOURAGE SCREEN-FREE ACTIVITIES

Balance digital entertainment with creative, outdoor, or social activities. Reading, drawing, cooking, or playing outside help children discover joy beyond screens. Create “tech-free zones” in your home to reinforce this.



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3

BE A DIGITAL ROLE MODEL

Children mirror adults' habits. Demonstrate healthy screen behavior by putting away your phone during family time, limiting your scrolling, and prioritizing real-life interactions. When they see you value balance, they'll follow.



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4

USE TECHNOLOGY WISELY

Use parental control tools and device timers to track or limit usage. Choose educational content and co-watch when possible to discuss what they learn online. Always explain why limits exist; it builds understanding, not resistance.



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PRIORITIZE QUALITY OVER QUANTITY

Not all screen time is equal. Educational apps, documentaries, or creative projects can be beneficial, while endless social media scrolling or violent games are not. Focus on what your child consumes rather than only how long.



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TRY THESE TIPS STARTING TODAY !!!

