

Screen-Time Budget



Customise your child's screen-time budget by setting distinct limits for weekdays and weekends, based on your family's schedule and priorities. The time allowed should be based on the child's age, developmental stage, and individual needs. See guidelines below.

Child's Name:

Weekday Screen-Time Budget:

e.g 30 minutes

Weekend Screen-Time Budget:

e.g 1 hour

WEEKDAYS

DAYS	ALLOWED SCREEN-TIME	USED SCREEN-TIME
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		

WEEKENDS

DAYS	ALLOWED SCREEN-TIME	USED SCREEN-TIME
SATURDAY		
SUNDAY		

Consequences for exceeding budget:

Personalise the consequences for exceeding the screen-time budget to fit your child, but always ensure they are constructive and positive.

HOW MUCH IS **TOO** MUCH?

Check out the recommended guidelines* for screen-time for young children

CHILD AGE	RECOMMENDED HOURS
< 2 years	0 hours
2- 5 years	No more than 1 hour
5-17 years	No more than 2 hours

*Physical activity and exercise guidelines for all Australians (24-hour movement guidelines for the early years and children and young people) May 2021, <https://www.health.gov.au/health-topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians>

HOW DOES YOUR CHILD COMPARE?

Remember that it is also important to consider the **quality** of the content that they are viewing. Always choose high quality content for your child and watch along with them whenever you can, especially for children between 2 to 5 years of age.