

Device Use

Tips for helping your kids at home

- *Turn off screens 1-2 hours before bed, as light and stimulation disrupt circadian rhythms and inhibit good sleep patterns.*
- *Moderate screen time - iPad use should be negotiated according to age and maturity.*
- *Have a screen free day.*
- *Model healthy device use.*
- *Internet use must be supervised - know what your child is looking at, Be aware that some games have chat options. It is best to make sure this is turned off.*
- *Bedrooms as screen free zones - Cyber bullying, pornography and inappropriate sharing are easier to manage if iPad use takes place in shared family spaces.*
- *Set clear boundaries and formulate a family home use plan.*
- *Be clear regarding expectations and consequences.*
- *Ask your child to show you their learning on their iPad - share and discuss, ask questions.*