

In 2026,  
let's help  
kids stay in  
control -  
not the screen.



4 positive tips to guide you

# Tip 1: Screen-free habits create real connections



Keep mealtimes device-free  
- more talk, more bonding



End the day screen-free  
- kids sleep better and feel calmer

No phones in bed  
- rest is for recharging, not scrolling



Leave space for play and outdoor time



## Tip 2: Boundaries protect, not restrict

Primary school children should have **no more than 1-2 hours** of leisure screen time daily.



Yes - TV, YouTube, and gaming all count as "screen time"



Handphones and games should have clear limits, not free access

Parental controls can help, but talk to your child about why the controls are there

# Tip 3: Rules work better when kids own them



Write down screen rules together  
- kids follow what they help create

Review and adjust rules as your child grows

Agree on logical consequences  
(Reduce screen time, not punish harshly)

Stay consistent - clear rules build trust



## Tip 4: Conversations build trust, not control



Ask open questions:  
"What do you enjoy online?"

Show real interest in their games, videos, and chats

Talk regularly – not only when problems happen

Let them know:  
"If anything online bothers you,  
I am here."



# Cyber wellness starts with small daily choices

Screens are part of life  
- balance keeps kids healthy

Connection, rest and play matter as much as being online

## Together, we can raise cyber smart and resilient kids

