



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** 1-2hours 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

