

Early Childhood Association and Association for Primary Education and Research with Born Smart, recommend the following safety guidelines for children using screens for entertainment/edutainment or for remote learning engagements.

Show this poster to your child/children and help them understand how to use screens safely.

### Tips for parents/teachers/caregivers-



**Adult supervision:** It is important that children are supervised by adults during their screen time. Parental controls on computers, phones and tablets can help to monitor usage of screens for older children, whereas younger children must always be accompanied by an adult during screen time.

2

**Interactive engagements:** During engagements with screens, whether the adult is interacting with the child through the screen or is accompanying the child as they watch the screen, children must also interact and share their point of view on the content being watched.



3

- When school comes online!
- Not more than 60 minutes screen time a day.
- A brain break every 20 minutes. Make children do a stretch or jump.
- Ensure children keep 20 inches distance from the screen.
- Don't forget to remind them to blink often!



### Tips for adults to share with children

1

**Blink-Blink-Blink:** While spending time engaging with screens it is important to ensure that you are blinking your eyes often to avoid strain on your eyes.

2

**How long?:** It is important to make sure that you are not exposed to screens for more than one hour (60 minutes) at a time. You must move and stretch every 15-20 minutes.

3

**Distance from the screen:** It is essential to maintain a safe distance from the screen while watching it. You must maintain at least 20 inches distance from the screen to avoid strain to your eyes.



4

**Do not eat or drink around digital devices:** Eating is a sensory experience and your tongue and hand can get distracted! So never eat while watching content on a screen, as you may eat too fast or slow, eat too much or too little and then get a tummy ache!

5

**Balancing with physical exercises:** While you take a break from screens, do some stretches, yoga or exercise or just jump 20 times!



6

**Use gadgets appropriately:** Avoid viewing any programs that have bad language or teach you incorrect behaviour. Don't play too many games on gadgets. Play board games or build with blocks.

7

- When school comes on a screen!
- Keep 20 inches distance from the screen.
- Do not hold the screen in your hands, prop it comfortably so that both your hands are free.
- Don't forget to blink often!

Screens can be our friends for life we learn to use them safely. Lets start today.