



# Screen Time Rules for Children!

Dear Parents,

Today's children are "digital natives", they have been raised in and with technology to the extent that they are familiar with it from a very early age. Technology is here to stay and we cannot keep our children completely away from it. However what is required is "Productive learning experience" with gadgets for our children. Even in our **Podar Jumbo Kids Online Home-based Learning**, we have kept child safety and appropriate use in mind, by ensuring that children are not on screens all the time and that the content they watch is appropriate and also involves a lot of physical activity and games. We are aware that extensive and incorrect use of screens can have many negative effects on children. Ensure children watch Brief and healthy content on screens. Have strict rules for screen time. Limit screen time. Especially not during eating, sleeping and family time.

We have ensured their safe screen use in our planning now dear Parents, do educate children on the following quick guidelines to make them understand the safe use of Technology:



Imran Ipad

1. Don't hold us too close to your eyes.



Charmi Computer

2. Take a break after 10 minutes and do some stretches.



Lavina Laptop

3. Play with toys, books and spend very little time with us, never use us for more than one hour a day.



Tanya Television

4. Never learn bad language or view bad programs on us.



Mayur Mobile

5. We are not for playing games and you must always enjoy us when an adult is around

Healthy children have healthy screen habits.

