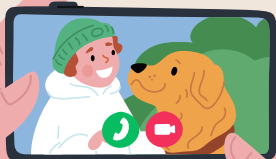


Healthy screen use: A quick guide for families

NOT ALL SCREEN TIME IS THE SAME. KNOWING THE DIFFERENT TYPES HELPS PARENTS BUILD HEALTHIER HABITS, SUPPORT DIGITAL LITERACY AND PROTECT CHILDREN'S WELLBEING.



Active screen use

This means using digital tools to think, create, interact or problem-solve. Examples include making music on an app, coding games and video chatting with relatives.

Why it matters: Active screen use builds thinking skills, encourages creativity and strengthens communication.

TIP: CHOOSE APPS OR PLATFORMS THAT LET CHILDREN DO THINGS, NOT JUST WATCH.



Co-viewing screen use with an adult

Co-viewing is when a parent or caregiver watches or uses media with a child – talking about what they see, asking questions and helping them understand it.

Why it matters: It turns screen time into bonding time and helps children link what they see to real life, manage emotions and build social skills.

TIP: SHORT CHATS (WHY DO YOU THINK THAT CHARACTER FELT UPSET?) HELP CHILDREN THINK MORE CRITICALLY.

Passive screen use

This is when children watch shows, scroll social media or consume content without thinking or interacting.

Why it matters: Too much passive use may shorten attention spans, and affect decision-making and social interactions. It can also expose children to unsuitable content.

TIP: TEACH CHILDREN ABOUT ONLINE RISKS AND USE PARENTAL CONTROLS TO MANAGE WHAT THEY SEE.



Background screen use

This is when screens are left on – TV, computer or other devices – but no one is watching.

Why it matters: Background screens can distract children, reduce communication and affect attention.

TIP: SWITCH OFF SCREENS WHEN THEY ARE NOT IN USE, ESPECIALLY DURING MEALS, HOMEWORK AND FAMILY TIME.



Recreational screen use

This includes playing video games, watching movies or using social media.

Why it matters: Recreation is healthy, but time limits and boundaries help prevent overuse.

TIP: USE A FAMILY MEDIA PLAN TO SET SCREEN-FREE TIMES AND ZONES.



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