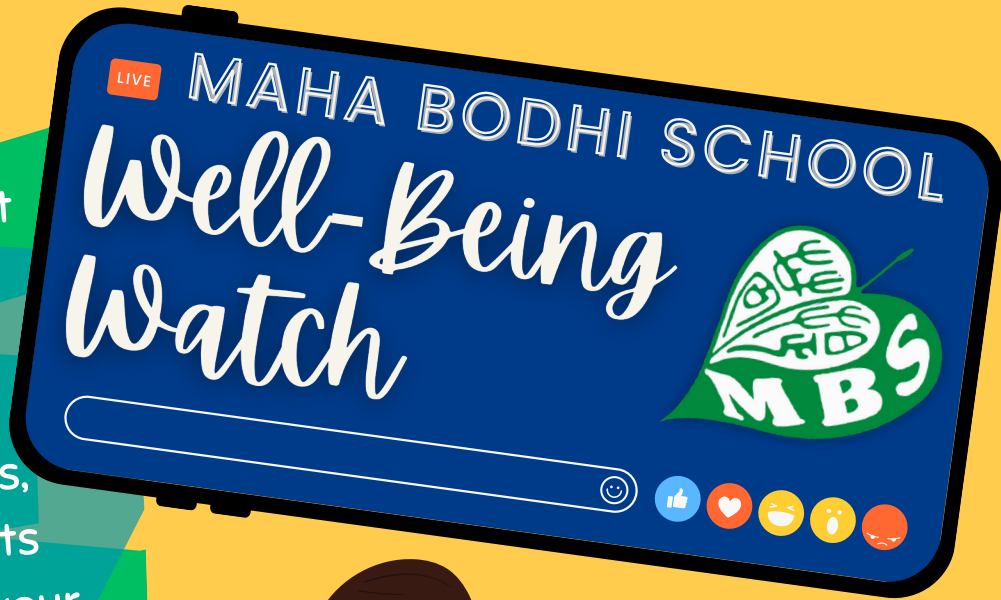Get ready for the very first issue of our wellness newsletter, Well-Being Watch! 🎉 In this exciting new series, we're sharing with parents strategies on supporting your child's well-being.

LIVE

MAHA BODHI SCHOOL
Well-Being Watch

Want Tips on Managing Your Child's Screen Time?

Essential Tips and Resources Every Parent Needs to Effectively Manage Your Child's Screen Time

Tip 1: Role-model Positive Screen-use Behaviours and Habits

Tip 2: Use Parental Controls and Apps

Tip 3: Create a Family Media Plan

Tip 4: Establish screen-free zones

Find out more in our newsletter attachment.

Well-Being Watch

MBS

Imagine this:

Your child is sitting at their desk, seemingly focused on their homework. But instead of studying, they're scrolling through social media, chatting with friends, and playing games. You only find out hours later, when it's too late to get them back on task.

As a parent, how can you help your child manage screen time better?

In today's digital world, children are spending more time online than ever before, and with that comes both opportunities and challenges. As parents, it can be hard to know how to help your child navigate the online world safely and responsibly. This newsletter is here to help you understand the importance of cyber wellness and provide you with tips to support your child's digital well-being.

KEY EVENT

INTERNET SAFER DAY (11 FEB 2025) THEME: "EMPOWERING A SAFE & RESILIENT ONLINE COMMUNITY"

ACTIVITY

We encourage parents to "Take a S.I.P" (Safer Internet Pledge) together with your child during Feb 2025 (month of Safer Internet Day) on IMDA's Digital for Life Portal.

As parents play an important role in ensuring their children's online safety, your commitment in building a safe and resilient online community will go a long way.

DIGITAL FOR LIFE PLAY IT FORWARD

Click here to "Take a S.I.P".

MAHA BODHI SCHOOL
Well-Being Watch

Term 2
February 2025
Volume 1

MBS

Tip 1 — Role-model positive screen-use behaviours and habits

Less Screen Time

POWER OFF

Children often mimic their parents' behaviour, so if you practise healthy screen habits, it can positively influence them to do the same. Parents can start by :

1 Modelling positive screen-use behaviours (e.g. setting time limits, taking breaks to reduce eye strain).

2 Setting aside time for non-screen activities like reading, cooking or exercising. Show your child that it is possible to enjoy life without being constantly glued to a screen.

3 Having regular conversations with your child to find out more about what he/she does online. Find out what he/she posts or browses to encourage more mindful screen use.

Tip 2 Use Parental Controls and Apps

Students should be at least 13 years old to have an account on social media platforms. If your child is accessing social media, take advantage of parental control features on devices, which can allow you to set time limits, block certain content, or monitor usage. Many apps and devices also provide weekly reports on screen time usage, helping you stay informed and adjust limits if necessary.

Google Parental Controls

Family Link

Parents can supervise your child's Google activity and establish digital ground rules with the **Family Link app**.

Parents can also supervise your child's TikTok activity through the **Family Pairing tool** which enables parents to link your TikTok account to your child's account and set controls.
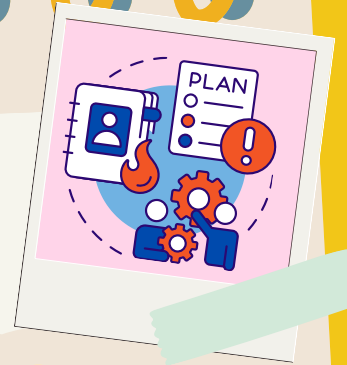
TikTok Parental Controls

Instagram Parental Controls

Instagram's Parental supervision tools provide parents/ guardians with insights on how your child is using Instagram.

Tip 3

Create a Family Media Plan

Co-create a family media plan with your child that includes guidelines for when and how screen time is used. This plan can outline screen time for educational purposes, entertainment, and social interactions. Involving your child in the planning process can help them feel more engaged and accountable for the rules and expectations.
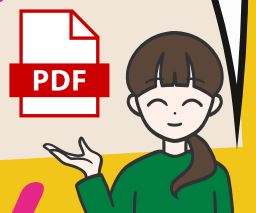
's Media Plan — "Heroes of Zero Singapore"
Power of Zero

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Let's lead a balanced lifestyle!

TOUCH

Click here to download a copy of the family media plan for your usage.

PDF

Tip 4 — Establish Screen-Free Zones

Screen–free zones are designated areas where the use of electronic devices (e.g. smartphones), is restricted or completely banned. These zones are created to encourage face–to–face interactions, promote mindfulness, and reduce distractions, allowing children to focus on activities that don't involve screens. Common screen–free family spaces at home include dining areas and bedrooms.

Additional Resources

Parenting for Wellness Toolbox for Parents
https://parentingforwellness.hpb.gov.sg/Resources

Ministry of Health's Guidance on Screen Use in Children
https://go.gov.sg/guidance-on-screen-time

Digital for Life Resource : Making The Most Of Your Child's Screen Time:
https://go.gov.sg/digitalforlife-tips-for-screen-time