

7 TOP TIPS TO HELP CHILDREN REDUCE SCREENTIME

1

Empower students to collect data on their screen time and set goals.

2

Introduce a "healthy brain diet" with learning, connection, downtime, and joy.

3

Role model vulnerability by sharing your own struggles and joys.

4

Join students in their interests rather than always expecting them to join yours.

5

Collaborate with parents for a unified approach at home and school.

6

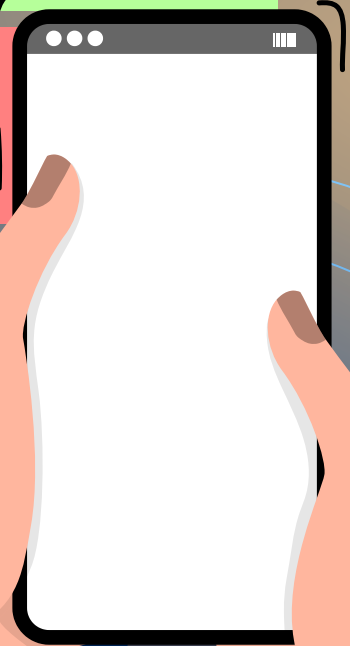
Implement consistent screen time limits, like no devices after dinner.

7

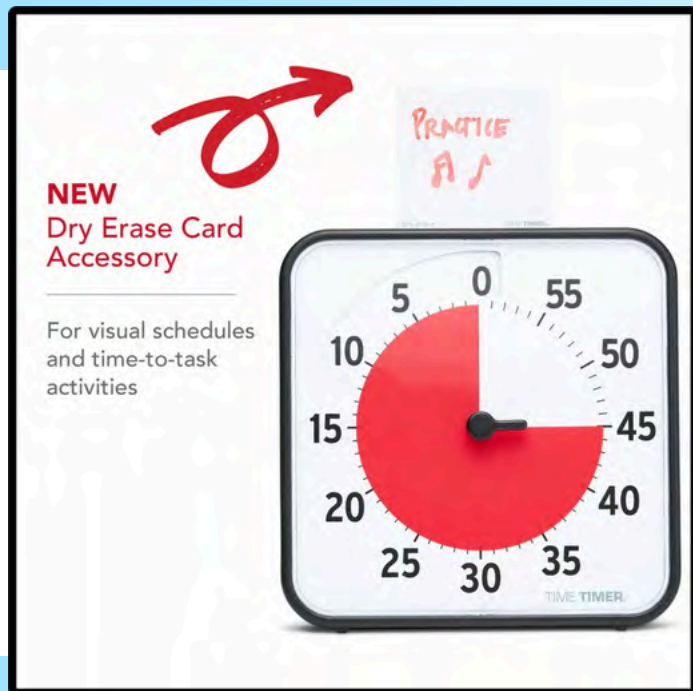
Find the student's passion and tie it to their long-term goals.

* Success comes when we can get children/students to name it and own it.

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Sue's Top Pics for TIME TIMERS



The Time Timer

A must have for every classroom

- ✓ Magnets to attach to whiteboard
- ✓ Legs to move to all environments
- ✓ Alarm can be turned off or on

Time Timer – 20cm (Medium) Classroom Set (Set of 3)



Primary Colour Set



Secondary Colour Set



Time Timer PLUS
13.75cm x 17.5cm



Time Timer MOD
9 x 9 cm



Time Timer – 7.6cm
Small



Portable Schedule
Timer



Liquid Timers



Liquid Key Ring
Sensory Tool

TEACHING & SUPPORTING CHILDREN WITH NEURODIVERSITY

(AS, PDA, ADHD, ODD etc)

LIVE ON ZOOM

DATE: Friday 5th Sept 2025

TIME: 9:00am-3:00pm (AEST)

WHO IS IT FOR?

- Teachers & Educators
- Education Support Staff
- Parents/ Carers
- Allied Health Professionals
- Support Workers

REGISTER AT

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Unsure if workshop is for you? Contact Us

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E-mail:

support@suelarkey.com.au



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