MANAGING SCREEN TIME

Screens are a wonderful tool to use with children, however they are becoming increasingly difficult to monitor and manage.

Here are a few great examples of questions you could ask yourself to see if the child's screen time under control?

- Do you have a plan to **'manage'** screen time? Is it being followed?
- Does screen use **interfere** with what your family/classroom wants to do?
- Does screen use **interfere with sleep?**
- Is the child **easily transition** between screen time and non-screen time? (ie will they get 'off' when directed?)

If after asking these questions you are wanting to put in place some strategies to manage screen time, below are some tips to get you started.

TIPS TO MANAGE SCREEN TIME

EXIT PLAN

Many kids with ASD get very engrossed with their screens making it very difficult for them to transition to nothing afterwards. **Planning their next activity before starting screen time** allows them to immediately move onto another activity.

A COLLABORATIVE MEDIA PLAN

Create a plan with the child which works for the adult and the child. Have agreed rules, routines, expectations (ie around swearing etc)

and consequences. I highly recommend writing down the agreement and putting somewhere to refer back to.

SCREEN FREE TIMES**

Instilling allocated screen free times or activities such as meal-times or outings which everybody participates in.

TURN OFF WIFI

Many routers can now turn off the wifi after a certain time e.g. for bedtime.

LIMITING THE AMOUNT OF TIME

This could be done in a number of different ways

- A self-monitored visual timer
- Many apps can now be limited to a specific amount of time

Be aware that with some children it is incredibly distressing to stop mid-game, so perhaps, **adjust limits accordingly.** Instead of a certain time period, allow them to play the game a set number of times.

EXCHANGE SYSTEMS

Allow screen time in exchange for other activities

- Screen time allocated following tidying-up/ school work etc.
- Amount of time allowed on screens is half the amount of time spent off the screens

**If the device is being used for communication the child needs access to it at all times.

1 HOUR BEFORE BED NO SCREEN TIME

Research has shown the blue light produced by screens disrupt the body's sleep hormone. It is recommended that children should not use a screen in the hour before bedtime. Here are some great activities that you can do in the hour before bed.

TIPS ON WHAT TO DO BEFORE BEDTIME

Interact with family members
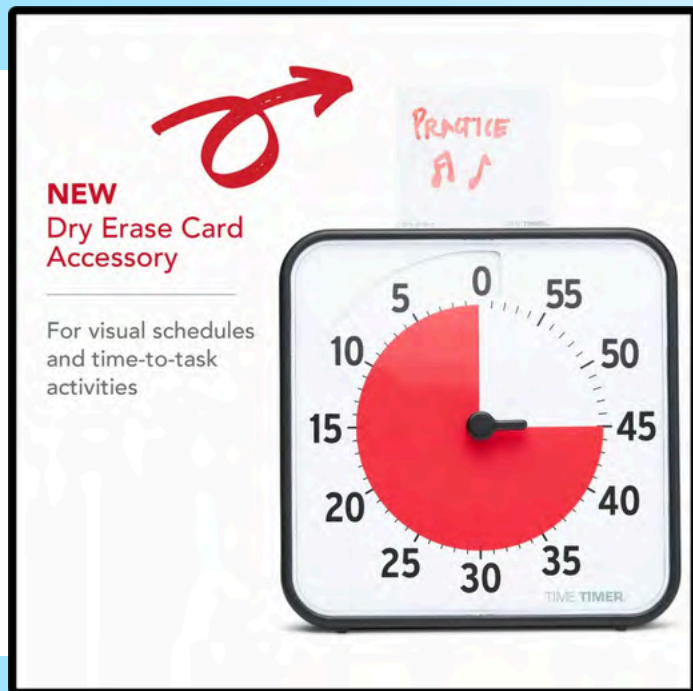
Play a game

Read a book

Do a puzzle

Craft or colouring in

Prepare for next day

Shower, bath, brush teeth

Sue's Top Pics for
TIME TIMERS

NEW
Dry Erase Card
Accessory

For visual schedules
and time-to-task
activities

PRACTICE
A ♪

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**

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