

Screen-free Starts with You and Me!



Dear parents:

Hello! In this issue of "A Letter to Parents", let me, Sporty Bunny, share with you how to help young children cut down their screen time.



What are your children doing during holiday or after school? Are they sticking to the television, clinging to their smart phones, or getting obsessed with their tablets? While these electronic screen products may be convenient, excessive screen time may cause young children to miss the opportunities to explore the world, even affecting their health and growth!

Why do we need to cut down screen time?

Excessive screen time may:

- Take up young children's precious time for physical activity and sleep, increasing the risk of obesity and inadequate sleep
- Result in eye discomfort and other health problems in children
- Lower children's motivation to explore and learn something new, even affecting the development of their social skills



The Department of Health recommends that children aged two to six should have **no more than one hour of sedentary screen time per day** — less is better!

When children engage in screen-based activities, parents may keep them company, and choose screen content that is highly interactive and educational. For example, they may choose language learning programmes in which cartoon characters tell stories, or interactive games that allow young children to move along!

Here are also some tips for cutting down screen time, through which parents can help their children stay away from screens and enjoy more happy moments:

- Parents may act as role models for their children: if they use smart phones and tablets less often, their children will follow suit as well!
- Parents may engage their children in other non-screen-based activities: when children want to play with their smart phones, try to engage them in drawing, playing with building blocks, or running and jumping around in the park instead!
- Let adults keep the electronic screen products: place smart phones and tablets away from children, making them not "readily available"!
- Switch off the screens during mealtime: focusing on eating and chatting can enhance the family relationship while creating a heartwarming vibe!



Let's work together!

Cutting down screen time not only can make children healthier, but also can help them find more fun in reality! Come and try out these tips, and create more happy moments and memories together with your children!



"StartSmart@school.hk" Campaign website



Letter to Parents



Parent-child Physical Games



StartSmart Parents' Guide

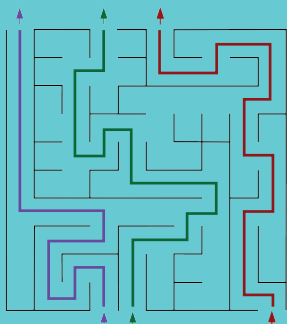
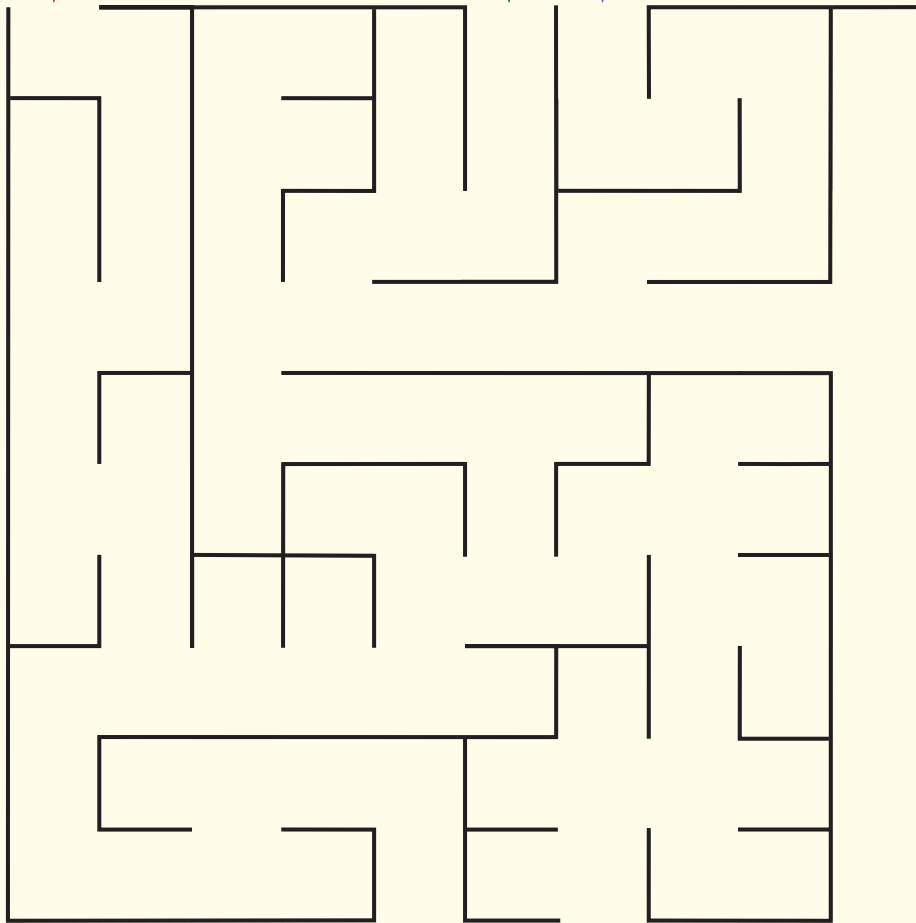
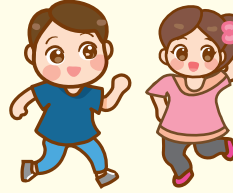
Sporty Bunny



Mini Game



Children, please try to get out of the maze, and choose the activity that you want to do to replace screen time today!



Answer: