

A balanced digital diet

Purpose over time:



Focus on active learning rather than passive scrolling.

Regular Breaks:



We use tech in short bursts. At home, encourage frequent breaks to move, stretch, and rest the eyes.

Set Clear Boundaries:



Time Limits: Aim for 1-2 hours on weekdays (up to 2 hours at weekends).

Tech-Free Zones: No screens at mealtimes or 1 hour before bed.

School Lock: Chromebooks only work 7:30am – 8:30pm.

Monitor & Mentor:



Parents sit with your child to see what they are doing and keep them safe.

Prioritise the “Offline”:



Ensure tech never replaces sleep, exercise, or face-to-face play.

Mind Your Posture:



Sit upright at a table. Avoid “tech-neck” by keeping the screen at eye level.