



WHAT THE EDUCATION EXPERTS SAY IS ENOUGH

The current advice from experts¹ is:

For children under **18** months
avoid screens.

For children **18** to **24** months
parents should choose the programs
and watch with their children.

For children **2** to **5** years
limit screen time to less than one hour
per day.

For children **6** years and up
establish consistent limits on time spent
and less than two hours per day.



IT CAN BE FUN BUT THERE ARE RISKS

Children can learn, explore and play online. **But** there can be risks.

Your child might see upsetting content, be contacted by strangers or experience bullying.

They might also miss out on important activities like spending time outside.



¹Digital guidelines: Promoting healthy technology use for children (apa.org)

SIMPLE RULES TO FOLLOW AT HOME

Talk about online safety as a family

Let your child know they can always come to you if something happens online that makes them feel scared or upset.



Set family rules together

You can include things like where devices can be used, what games and apps your children can use, and how much time can be spent online.



Watch for signs

- less interest in social activities with friends
- tiredness, headaches,
- changes in eating patterns
- extreme anger when being asked to take a break from online activity
- anxiety and worry



Reducing your own screen time sets a positive example

Children mirror their parents. If you control your screen time your children will do the same.



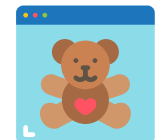
Watch and play together

Co-viewing and playing together with your child can encourage them to think critically.



Know the content

Try out apps and games before your child uses them or guide them to watch programs you are familiar with.



STORIES ON THE PACIFIC STORYTIME AND PLAY APP



IT'S STORYTIME USING THE PACIFIC STORYTIME AND PLAY APP

You will need to download the app from here:

<https://www.storytimeandplay.com/pacific-storytime-play-app/>



INSTRUCTIONS

1. Say: "Let's explore the Pacific Storytime and Play App together."
2. Say: "Shall we see what stories we can read from our country, Solomon Islands?"
3. Follow the instructions on the App to reach the list of stories and ask your child to select the story they would like to listen to.
4. Say: "Let's begin. We will listen to the story and then we can talk about the story"
5. As the story is read, think of some questions that you can ask your child at the end of the story.
6. At the end of the story, say: "What a great story. Can you tell me what happened in the story? What is the important message in this story?"
7. If you have time, choose another story from the App.

Reading and storytelling with babies and children promotes brain development, imagination, language and learning.

Reading and storytelling strengthens relationships. Sometimes you can read. And sometimes you can look at picture books, sing songs or tell stories from your culture.

Babies and young children often enjoy books, songs and stories with good rhyme, rhythm and repetition.

Anytime is a good time for a book or story! Try to share at least one book or story each day.

