How to help your child grow up in a digital world
Most parents recognise that there are risks that go along with addiction to screens. Risks to their child’s physical health, quality of relationships, mental health, sleep, school performance and longer-term outcomes. Most worryingly, some of the dangers may not be realised until well after childhood is complete, and when it is too late to intervene. Fewer parents though have the tools they need to set, and consistently reinforce, effective limits and manage their child’s screen time. We do understand the challenges that are present when trying to make a change to your child’s entrenched habits, especially with all the other demands on us as parents. But it is vitally important that you set the appropriate limits early, so you give them skills of self-monitoring that they will use for a lifetime.

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