

Strategies to help reduce screen time

You may find the following strategies useful to help you to reduce your child's screen time:

- **Sand timer** - A sand timer or digital timer can be used as a visual aid to support your child's understanding of how much time they have left or to count down to the next activity.
- **Visual timetable** – You could include access to the ipad/phone/computer within your child's daily routine to help them to understand that they will be expected to participate in a range of activities within the day.
- **First/then** – Encourage your child to join in with less-preferred activities *first* such as story-time, imaginative play etc. with the reward of screen time for a limited time following this.
- Visit <https://www.bbc.co.uk/tiny-happy-people> for more ideas on how to engage your child in play and develop their communication skills.

