



Screen Time, Sleep and Digital Wellbeing

Supporting healthy digital habits at home



1 Healthy Habits

- Create screen-free times, especially before bed.
- Keep phones and tablets out of bedrooms where possible.
- Encourage movement, hobbies and face-to-face time.
- Turn off unnecessary notifications.



2 Watch For

- Tiredness or poor sleep
- Mood changes after using devices
- Reduced concentration
- Anxiety linked to messages or social media



3 Support Strategies

- Talk without blame.
- Model balanced device use.
- Agree simple family expectations.
- Seek extra support if needed.



4 Reminder

- Balance matters more than perfection.
- Small changes can make a big difference.



Healthy digital habits are built through routines, support and balance.