## internet matters.org

## Five top tips to manage children's screen time

## Help your child make the most of their time on and offline





For example, the **Forest app** enables them to grow a beautiful forest each day they don't use their phone for a set amount of time. The **iPad's 'Guided Access'** limits the time you can access any given app, which can be great for younger children.

%

60% of parents are concerned their kids don't have interests outside the web

Parents of 12-year-olds are most concerned about lack of offline interests Children aged between 11 and 16 post on average 26 times a day