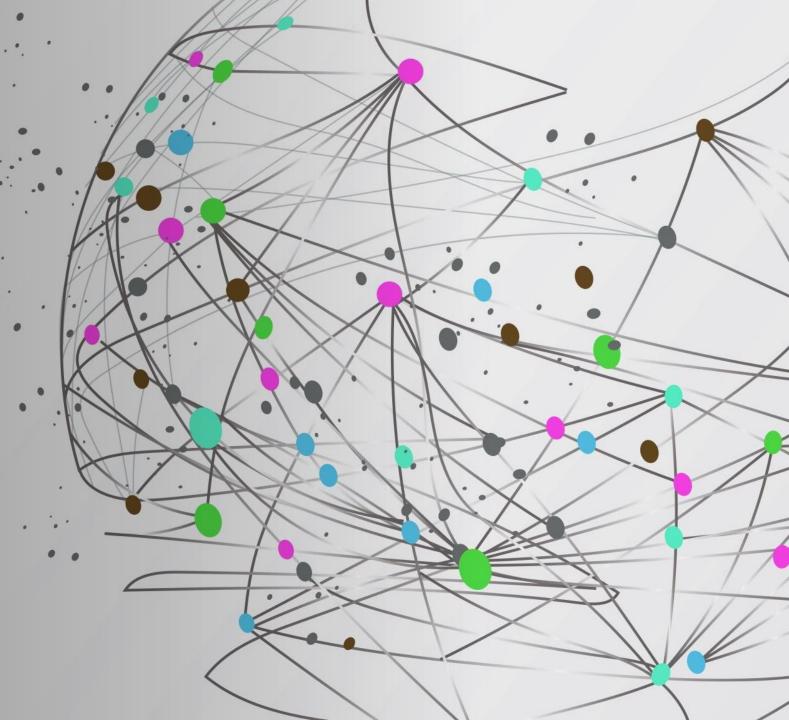
# SCREEN TIME ADVICE

TPS and WPS Family Learning event 26th Feb 2025



# FROEBE L ADVICE

oung children nd digital echnology t home

Froebel Trust 0

bel Trust early childhood research ght by Professor Rosie Flewitt NHS Lothian Speech & Language Therapy - Early Years

### NHS GUIDANCE

let's talk



### Turn Screen Time into Tall Time

### UNIVERSITY RESEARCH



Social media use & adolescent wellbeing

Judith Brown, University of Glasgow



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## CONSUMER V CREATOR



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HOME ABOUT SUPPORT RESOURCES FALKIRK APPLE RTC DIGILEARNFALK

NOVEMBER 2, 2020



#### **Summary Advice**

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Adopt a balanced approach to using digital technology and plan screen free activities and hobbies.



Have screen-free zones with clear guidance about when and how devices can be used. Use technology for high quality activities and take regular breaks.

Monitor usage to ensure the content is appropriate and educational. Use parental controls and strict filtering where possible