

**‘Children’s brains grow when they talk with real people and play with real things.’**

 **Share the game/ programme with your child**

 **Play/ watch for only a very short time each day**

 **Watch programmes/ play games that are**

 **recommended for your child’s age**

 **Make your child’s bedroom a ‘screen free zone’**

 **Make sure you spend more time talking with your child than you spend talking on your phone**

**Message of the Month**

**Healthy Screen Time Habits**

**November**