



# Nursery Be Screen Smart Pledge

Dear Parent/Guardian,

## **Our Nursery is launching the Be Screen Smart Pledge**

Children can spend a lot of time in front of screens for entertainment and we are looking for support from all parents/carers to help us tackle this issue. By making the pledge, your family will join other families across Glasgow to help reduce the time spent on screens for entertainment and instead actively participate in more screen-free activities.

### **Managing Screen Time**

Look together at how much time your child is spending on screens. Help your child decide what they need for school-related tasks and how much time they spend on watching TV, YouTube, using social media & playing video games. It's also good for your child to think about when he/she spends time connecting with family and friends, playing sports and doing other non-screen activities.

**Our Nursery would like your family to join us and help promote the following at home:**

### **Steps to success**

- Turn off TV & other electronic devices during mealtimes
- Try to limit overall screen time for entertainment
- As a family, do activities together & have fun
- Join a sports team, club or take up a hobby
- Turn off all devices at night
- Make all bedrooms tech-free zones: **No** TV, game consoles, tablets, smart phones & other portable devices.

**Parents are the best role models for children for screen time so where possible try to reduce your entertainment screen time too. Implementing healthy screen habits can have benefits for the whole family.**

