Establish clear guidelines for screen time, including daily limits and designated times when screens are allowed. Use tools like parental controls and timers to enforce these limits effectively. Gradually reduce screen time to ensure a smooth transition. Create tech-free zones: Designate specific areas in your home, such as bedrooms and mealtimes, as tech-free zones. Encourage unplugging during family meals and prioritize quality interactions. These boundaries will help children understand the importance of face-to-face communication and connection. Encourage outdoor activities: Engage children in outdoor activities that foster physical fitness, exploration, and connection with nature. Encourage them to play sports, ride bicycles, hike, or simply engage in imaginative play outdoors. Nature offers endless possibilities for exploration and learning. Promote creative pursuits: Encourage children to explore their creativity through art, music, writing, or building projects. Provide them with art supplies, musical instruments, or construction materials, fostering their imagination and problem-solving skills. Cultivate reading habits: Promote the love of reading by creating a cosy reading corner and providing a variety of books that cater to their interests and reading levels.

Reading enhances language skills, stimulates the imagination, and encourages independent thinking.

Alternative activities to embrace: Family game nights: Engage in board games, puzzles, or card games as a family. These activities promote critical thinking, problem-solving, and social interaction. Cooking and baking together: Involve children in meal preparation, allowing them to learn about healthy eating choices, measurements, and following recipes. It also fosters quality time and encourages experimentation. Sports and physical activities: Encourage participation in sports teams, swimming, dancing, or martial arts. These activities promote physical fitness, teamwork, discipline, and self-confidence. Volunteering and community service: Engage children in community service activities, such as volunteering at local

charities or participating in environmental cleanups. These experiences teach empathy and social responsibility and broaden their worldview. Imaginative play: Provide toys, costumes, and props that stimulate imaginative play. Children can create their own stories, act out scenarios, and explore their creativity. In a world dominated by screens, it is our responsibility to guide children towards healthier choices and provide alternatives to excessive screen time. By setting limits, creating tech-free zones, and promoting alternative activities, we can help children develop physically, socially, and emotionally. Let’s prioritise real-world experiences, human connections, and the wonders of childhood as we navigate the digital age.