

# Screen Time & Children's Regulation

## (Recognising emotions and managing behaviours)

To help your child cope in group environments, build strong trusting relationships with both friends and adults and navigate challenges in life they need to develop the skills to:

- Recognise and label their emotions
- Cope with intense feelings such as frustration, fear, or excitement
- Return to balance after being upset without resorting to aggression or withdrawal
- Practice patience, share with others, and take turns
- Reach out for support when they feel overwhelmed or dysregulated\*

Giving your child a screen may help in the short term, but...

- Using screens to distract from or avoid big emotions can prevent children from learning how to cope in real life.
- If screens become the only way your child can return to balance, they may struggle to develop independent coping strategies.
- Fast-paced or highly stimulating content can lead to dysregulation\*, making it harder for children to return to balance

*\*dysregulation is when stress overwhelms a child's ability to manage emotions or behaviour*

## Top Tips for reducing screen time!

- Be realistic. Begin by slowly reducing your child's screen time so it feels more achievable
- ★ Set a timer. Let your child know screen time is coming to an end.
- ▲ Stay consistent. Set your daily limits and keep to them. This helps your child understand the patterns
- Lead by example. Be a positive role model for your child by reducing your screen time in front of them



Another useful thing to know... screen use, especially before bed, can interfere with sleep, which is crucial for emotional balance.

**We know it may be tough to move your child away from screens. We urge you to not give up! The steps you take will help your child's regulation and lots of other areas of their development.**