

Screen time

Balance, expression and limits

Additional resource sheet

Online Safety Zone on Hwb

- Your Child's Online World – A Guide for Parents
<https://hwb.wales.gov.uk/onlinesafety/repository/resource/ba714016-119a-44dc-818c-6a0d95f6409f/en>

NHS Wales

- Video: limiting the amount of screen time for children.
<http://www.wales.nhs.uk/sitesplus/888/page/84916>
- Give children and toddlers opportunities to play outdoors everyday
<http://www.wales.nhs.uk/sitesplus/888/page/84915>

Cardiff University and University of Oxford researchers

- <http://www.ox.ac.uk/news/2017-01-16-moderate-amounts-screen-time-may-not-be-bad-teenagers%E2%80%99-well-being>

National Health Service (screen time and health)

- <http://www.nhs.uk/news/2015/02February/Pages/Over-two-hours-screen-time-a-day-may-raise-a-childs-blood-pressure.aspx>
- <https://www.theguardian.com/lifeandstyle/2017/feb/13/screen-time-teenager>

Vodafone: Digital Parenting Magazine

- Expert advice and guidance for parents from Vodafone.
<http://www.vodafone.com/content/digital-parenting.html>

Common Sense Media Screen Time:

- A guide from Common Sense Media about how to take control of technology in your children's lives.
<https://www.commonsensemedia.org/parent-concerns>
- Advice from Common Sense Media on setting screen-time limits.
<https://www.commonsensemedia.org/screen-time>

Screen Time Logs

- National Institutes of Health Screen Time chart
<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/screen-time-log.pdf>

American Academy of Pediatrics

- <http://pediatrics.aappublications.org/content/early/2016/10/19/peds.2016-2591>
- <http://kidshealth.org/en/parents/screentime-teens.html>

Internet Matters (Five tips for screen time)

- <https://www.internetmatters.org/hub/research/6-10-parents-concerned-kids-will-spend-holidays-glued-devices/>

EU Kids Online: Parenting in the Digital Age Blog

- <http://blogs.lse.ac.uk/parenting4digitalfuture/2016/08/04/the-content-and-context-of-screen-use-is-more-important-than-the-amount-of-screen-time/>
- <http://blogs.lse.ac.uk/parenting4digitalfuture/2016/10/26/when-parents-choose-screen-time/>
- <http://eprints.lse.ac.uk/66927/1/Policy%20Brief%2017-%20Families%20%20Screen%20Time.pdf>