



10 Tips for Parents to Encourage Conscious Screen Use, While Promoting Healthy Family Relationships and a Variety of Activities

1. Establish clear and consistent rules

Define screen time slots: Set specific times for screen use.

Create “screen-free zones”: Ban screens from certain rooms, such as the bedroom or dining room.

Respect the rules together: Parents should lead by example.

2. Encourage off-screen activities

Promote alternative hobbies: Sports, music, board games, reading.

Plan family time: Outdoor activities or board games together.

3. Use parental control tools

Set filters and limits: Use apps or built-in settings to restrict access to inappropriate content.

Monitor without invading: Talk to your children instead of monitoring them intrusively.

4. Educate on responsible use

Raise awareness of risks: Discuss the dangers of social media, such as cyberbullying or misinformation.

Encourage critical thinking: Teach children to evaluate the reliability of online information.

6. Promote quality sleep

Avoid screens before bedtime: Set a rule to switch off screens at least one hour before sleep.

Create a calming routine: Replace screens with quiet activities such as reading.

7. Encourage open communication

Talk about emotions related to screen use: Discuss with your children how they feel.

Listen without judgement: Be a source of support if they encounter problems online.

8. Adapt rules to age and needs

For young children: Strictly limit screen time and ensure content is age-appropriate.

For teenagers: Allow more autonomy, but keep an open dialogue about their screen habits and challenges.

9. Take a step back as a parent

Avoid guilt: It's normal not to succeed all the time in limiting screen use. What matters is consistency and adaptability.

Stay informed: Learn about new technologies and digital trends to better understand your children's experiences.

10. Encourage progressive autonomy

Teach time management: Help children develop skills to manage their own screen time.

Set goals together: Work with them to define realistic and healthy screen use goals.

These tips by Dr Sophia Achab (20 years of clinical experience) aim to create a balanced approach between the benefits of digital technologies and the need to protect the well-being of children and adolescents.

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