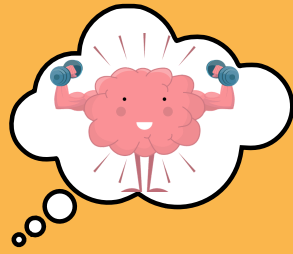


# HELPING CHANGE YOUR CHILD'S ALGORITHM

A practical guide for safer, more meaningful screen time





## WHY THIS MATTERS



What your child watches once... quickly becomes **what they're shown more of**. That's how algorithms work.

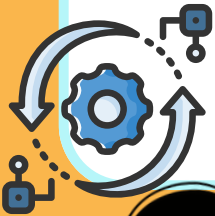
So if your child:

- clicks on random videos
- watches fast, overstimulating content
- or follows one trend

...it can quickly shape their entire feed.

The good news?

You can gently **guide and reset what they see**.



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# CLEANING UP WHAT THEY SEE

Start small - no need to overhaul everything.  
Do this regularly:

- ✓ **Unsubscribe from channels you don't want**
- ✓ **Tap "Not Interested" on videos you don't like**
- ✓ **Use "Don't recommend this channel"**

This slowly tells the algorithm: "Show less of this"

Bonus:

- Turn off autoplay (reduces rabbit holes)
- Watch together sometimes (you guide choices)



## ADD WHAT YOU DO WANT MORE OF

Algorithms don't just remove - they replace based on what you add.

So actively:

- subscribe to better channels
- play those videos more often
- engage with content you approve

The more they watch good content, the more the platform suggests it.

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## BREAK THE ASSOCIATION



Many kids associate screens with:

- eating
- calming down
- passing time

**To reset this, you need to separate screen from routine.**

Example: Mealtime reset



Instead of: screen + food

Try gradually:

1. Audio only
2. Then → eating + talking
3. Then → eating + nothing

Yes, there may be resistance.  
Yes, it takes time.

**But this is how the habit rewires.**

If you remove screens suddenly, kids will look for that stimulation elsewhere.



So replace it with:

During meals:

- Picture books
- Storytelling
- Conversation

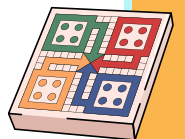
Over time:

**books → no books → just eating**

During free time:

- Puzzles
- Board games
- Pretend play
- Drawing / building

The goal: **screen is not the default**



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# SCREEN TIME ISN'T THE ENEMY



**Screen time itself isn't "bad."  
What matters is:**

- what kids are watching
- how often
- and how it fits into their week

## GOOD CONTENT CAN HELP

When chosen well, screen time can:

- support what kids learn at school
- build life skills and awareness
- model positive behaviour

## THE REAL GOAL

The goal isn't to remove screens.

It's to:

- replace random, passive content
- with content that supports development

## A SIMPLE SHIFT

**Instead of endless scrolling → intentional viewing**



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## CHANNELS WE RECOMMEND

### **Emomee**

We built this to help kids (3–8 yrs) learn life skills through engaging, safe, and calming storytelling.



### **Gracie's Corner**

Fun songs that build literacy, confidence, and positive habits.

### **Kids Learning Tube**

Catchy songs about science, geography, and everyday learning.



### **SciShow Kids**

Simple, engaging explanations of science and the world.



### **Cosmic Kids Yoga**

Movement, mindfulness, and emotional regulation through stories.



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# EXPECT RESISTANCE

Real talk:

- This won't change in a day
- There will be pushback
- You may feel like giving in



But parents who've done this say:

**It takes weeks, not days**  
**Consistency > perfection**

**Even:**

- 2–3 days of firmness
  - followed by calm repetition
- ...starts changing patterns.

## ♥ FINAL REMINDER

This isn't about being strict. It's about being intentional. You're not taking something away.

You're helping your child:

- focus better
- enjoy real-world play
- build healthier habits

And yes — it takes effort. But it works

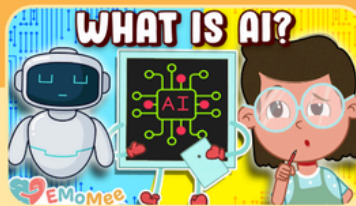
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## About Emomee:

### EMoMee™ on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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