

MANAGING SCREEN TIME WITHOUT STRESS: A GUIDE FOR PARENTS

Screens are everywhere- and it's normal to feel stressed about how much your child uses them. The goal isn't zero screens, but healthy balance. (Ages 3-8)





Why Screen Time Feels Hard to Manage

Kids love screens (they're designed to be engaging).
Parents feel pressure: 'Too much? Too little? Am I failing?'
Reminder: You're not alone—every family struggles with this.

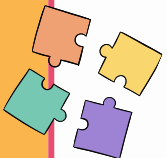
Recommended Guidelines (3–8 years)

- **3–5 years:** Ideally under 1 hour/day of [high-quality content](#), with co-viewing.
- **6–8 years:** Around 1–2 hours/day, balancing with play, school, sleep, and social time. More important than exact minutes: what they watch and how it fits into family life.



Practical Strategies

- **Set Clear Routines:** Screens after homework or playtime, not before. Consistent rules (e.g., no screens during meals, 1 hr before bedtime).
- **Be a Role Model:** Kids copy us- if they see us scrolling constantly, they'll want the same.
- **Offer Alternatives:** Prep a 'go-to' list: [puzzles](#), drawing, music, [pretend play](#).
- **Co-view & Talk:** Sit with them sometimes. Ask: 'What's happening here? Do you think that's real?'
- **Create Tech-Free Zones:** Bedrooms and dining tables are best kept screen-free.



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Skill Building Through These Strategies

When parents use these strategies, children practice important skills: self-regulation, patience, problem-solving, imagination, communication, and understanding limits. These are life skills that go far beyond screen time.



Managing Parent Stress

It's not about being perfect.

Pick 1 or 2 rules that matter most. Trade guilt for curiosity: 'What worked today? What's one small change I can try tomorrow?' Use 'family agreements' instead of constant battles.



When Things Don't Go as Planned

Expect pushback—it's normal.

Stay calm and consistent. A tantrum doesn't mean you're doing it wrong—it means your child is adjusting. Reset tomorrow if today was rough.



Parent Reminder

- Balance, not perfection.
- Consistency beats strictness.
- Connection matters more than control.



Resources

- [WHO screen time recommendations](#)
- [AAP screentime recommendations](#)
- <https://www.indianpediatrics.net/mar2022/235.pdf>
- https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-And-Watching-TV-054.aspx

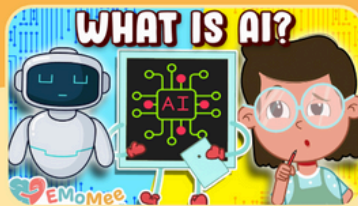
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About Emomee:

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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