

The Success Cafe

100 Practical Ways

**TO STOP
MOBILE
ADDICTION
IN KIDS**

**and to Help Them
Develop Positive Habits**

BEN BAKER

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Stop Mobile Addiction
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Author : Ben Baker

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Introduction

While there is no denying that smartphones have become essential tools in our lives, it's important to remember that for young children, their use can be detrimental. It's not only about the dangers of too much screen time but also the potential risks associated with content they might be exposed to. That's why it's so important for parents to know how best to protect their kids from the hazards posed by smartphones.

As parents, we want our children to thrive in all aspects of life including technological skills. But we may have, at the same time, started thinking that it has become high time to take control and reduce screen time for our little ones' well-being, and we find it almost impossible to keep our children away from screens. To make things worse, we, as well as our kids are

constantly being bombarded with the latest gadgets and devices.

While it's important to allow some screen time for children, too much of it can be harmful to their health. That's why it's essential that parents learn how to reduce screen time for their kids. In this e-book, you will find some potential solutions on how you can limit your child's use of technology, and help them develop healthier habits.

Child rearing has never been an easy task. As technology and digital media become increasingly accessible, parents now have the overload of keeping away the potential dangers of allowing their children to use smartphones and other digital devices. From cyberbullying to addiction to screen time, socializing issues, as well as mental health concerns like anxiety and depression, there are a variety of risks that accompany the excessive use of screens. The harmful effects of screen time on children are becoming more and more apparent. Studies have shown that too much screen time can lead to a number of problems in

children, including behavioral problems, attention problems, increased risk of obesity, sleep problems etc.

The temptation of screens, apps, and games are everywhere, and parents are struggling to find ways to keep their children safe from the dangers of smartphones. The blue light emitted by screens can disrupt the body's natural sleep cycle, making it harder to fall asleep and stay asleep. This can lead to tiredness during the day, which can impact learning and behavior of our kids, as well as ours. At the same time, as a parent, it's easy to give into the temptation of handing over your child a tablet or smartphone for some peace and quietness or due to pure love or sympathy to your kid, which in effect turns to be a kind of harmful love!

Phones can also be a distraction from real-world interactions. Children who are constantly on their phones may have trouble focusing on face-to-face conversations, and may miss out on important social cues. They can be more detached from the nature and environment around. This can impact their ability to

form friendships and have successful relationships later in life, with fellow beings as well as the nature.

So, what can you do to keep your kids away from phones? How can you protect your children from these risks without cutting them off completely from technology? It's not always easy, but there are some things you can try. We will explore solutions and ideas of different aspects that help us in this regard.

While there is no definitive answer as to how much screen time is too much, many experts agree that less is better. One way to reduce screen time is to set limits on the amount of time your child can spend in front of a screen each day. This can be done by setting a timer or using an app that tracks screen time. You can also use parental controls to limit the amount of time your child can spend on certain devices or apps.

Make sure that there are other activities available for your child to do. This might include playing outside, reading books, or doing crafts. It is also important to

model healthy behavior for your child by limiting your own screen time.

Talking to an expert child psychologist or paediatrician will also work, who can offer guidance and support as you work to reduce the screen addiction, provided that approaching such experts are considered in a positive note in your area; as in many societies, to approach a psychologist or even a doctor means there is something wrong or some disorder in your kid. Medical and health industries are more 'illness' focused, than being 'wellness' focused, in many societies. As a society, even though this thought is to be removed or educated, we need to equally be concerned about not hurting the morale of our kids.

Reducing screen time for children help them focus more on schoolwork and other activities. Additionally, it can lead to improved sleep habits and less exposure to harmful blue light. Furthermore, it can reduce the risk of developing obesity or other chronic health conditions. Also, spending less time in front of screens

can help children develop healthier social skills and bond with family and friends.

Finally, when we set some rules to reduce screen time, like no-screen during meal times, or no-screen in some day of a week, if possible, it's important and helpful to get the whole family on board – if everyone in the house is following the same rules, it will be easier for your child to do so as well.

Be careful to be consistent – It's important to be consistent with the rules you set, in order for them to be effective. If you let your child break the rules sometimes, they will have a harder time following them overall.

Implementing the simple tips and practical measures in this e-book, in a way that suits your family and kids, will surely help reduce screen time and addiction and to lower stress levels in both parents and children while helping everyone lead a more balanced and healthier lifestyle.

The ideas and tips in this book are not exclusive to the author. They are compiled from many experts and the author expresses sincere gratitude and thanks to all those who contributed directly or indirectly to this book.

Get Yourself and the Kids Educated

As a parent, you have likely noticed that too much screen time can have negative effects on your child's behavior. Maybe they become more irritable or have a harder time paying attention. Perhaps they start arguing with you more about using their devices. Too much screen time can also lead to sleep issues and problems with weight gain. All of these behavioral and health concerns are valid reasons to limit your child's screen time.

To help our children and ourselves become aware of the potential harms of screen time and screen addiction, one of the first steps is to educate both ourselves and them in the greatest depth possible. This will make us more mindful of our own limits and expectations when it comes to screens, as well as make our children more willing to accept our restrictions. Additionally, it can be helpful to have messages around their bedrooms and study areas that emphasize the

dangers of screens, as well as to have audio and visual reminders that play each time they take or switch on screens.

The harmful effects of screens on children are well documented. Although most parents are aware of the dangers of too much screen time, many don't realize the full extent of the problem. But, as parents, it's our responsibility to ensure that our children's screen time is limited and balanced with other activities.

Studies and observations have shown that excessive screen time can lead to a host of issues, including behavioural problems, aggression, disobedience, living in a non-realistic world, sleep problems, obesity, learning problems, social difficulties, and much more.

For children, being exposed to too much technology can lead to a lack of physical activity. Kids today would rather stay indoors and play on their phones or tablets than go outside and engage in physical activity. This can lead to developing a more fragile body that lacks not only required strength and stamina, but also some

of the vital vitamins naturally available when kids get open to sunlight and outdoor or social activities.

Also, sitting and getting glued to the screens most of the time can lead to the risk of excess weight gain and even obesity, especially if the screen time is combined with unconscious taking of junk foods. Being less active and consuming more calories than the amount burnt is a fatal unhealthy combination for the kids as well as adults.

Too much screen time can also cause attention problems, which can affect academic performance. Children who are exposed to too much technology are more likely to suffer from concentration issues, and eventually, lower academic performance. Excessive screen time has also been linked to hyperactivity, and other behavioral issues in children. It's thought that the overstimulation from screens can interfere with brain development and lead to such problems.

Excessive screen time can also disrupt children's sleep patterns. It's important for children to get enough sleep so that they can focus during the day and avoid

becoming cranky or irritable. Kids who are exposed to too much technology are more likely to be late at night and sleep too late in the mornings. This can lead to sleep deprivation, which can have a negative effect on their overall mental and physical health.

Excessive screen time can also lead to social difficulties. Kids who spend too much time in front of screens may have a harder time forming friendships and interacting with other children of their age. They may become more isolated and withdrawn, which can have a long-term impact on their social development.

Screen addiction can lead children to living in a non-realistic world, where they don't understand the consequences of their actions. This can lead to behavioural problems. Excessive watching of aggressive videos including that of vloggers who destroy gadgets or food items just for attracting viewers, or playing aggressive video games can cause in developing aggressive and destructive behavior patterns in the kids.

Most parents these days are aware of the dangers of mobile phone radiation, but many still allow their children to use them. This is particularly true for those who have young children not old enough to understand the risks. It's important to be remembered that by limiting use of the phones, we are protecting our kids from mobile phone radiation as well. If they only use it for short periods of time, or only when they are in an area with good reception, they will be exposed to less radiation. By learning more about the damages and nature of mobile radiation, we can be more serious and aware of our responsibilities towards the children in this regard.

Finally, reducing screen time can help children focus on other things besides entertainment. If children are always staring at screens, they may miss out on opportunities to engage in creative play, read books, or spend time with family members. It's important for kids to have a variety of experiences and not be fixated on one particular activity, such as using screens.

The harms of excessive screen usage by kids (and adults as well!) are now subject to in-depth studies and you can get them in detail from various sources. We have just shared some points just for a beginning. As per your needs and your kid's nature, you will be able to find out relevant details and data from online and other resources to educate yourself and the kid.

Recommendations about appropriate screen time for each age of kids are available from experts. Better to consider them a good starting point for setting limits on your own child's screen time, not a perfect rule for your specific kid. You should consider your kid's individual needs and interests. If your child is highly active, you may want to limit their screen time even further so that they have enough opportunity to burn off energy.

Go Physical, Active and Outdoors

Encouraging kids to engage in outside plays and physical activities more often is a great way to reduce their screen time. Outdoor and physical activities provide fresh air and exercise, which are both important for growing bodies and minds. If it's not possible to get outside, indoor active games are also good options. Anything that gets the heart rate up and gets kids moving is a good choice.

1. Introduce martial arts to the kids

There are many benefits to martial arts for children, including improved focus and concentration, increased discipline and self-control, and better confidence and self-esteem. Encouraging your child to take up martial arts can help them develop new skills and improve their physical health. And mostly, children love it much! Even when they grow, they will possibly reserve some time for

practicing the skills they had learned, which can help them maintain positive and healthy habits.

2. Arrange easy facilities for physical plays

With the invasion of digital screens to the play and leisure time of our kids, many parents have forgotten the importance of physical plays to the children. They have failed in arranging or keeping or helping the kids finding some easy facilities or play grounds for the physical plays. This problem is now existing even in villages, where many physical activity possibilities can be found or arranged. As many parents do not even consider such options or encourage kids to go for such outdoor activities, the tendency of kids to get glued to the screen are in increase.

There are many easy facilities that can be arranged for physical plays. For example, you can create a play area in your yard or basement, or you can go to a nearby park or playground, or in the villages you can find many plots that can be converted in to

good play areas with the permission of its owners. Football, Badminton, Tennis, Cricket or any other games can be played and the kids can be encouraged for the same as per their tastes and available number of play mates. You can also get them participating in physical activities at school or in the community.

Physical activity is important for children of all ages. It helps them stay healthy and fit, and it can also be a lot of fun! Encourage your child to be active every day, and make sure there are plenty of opportunities for them to get moving. Observe and analyze what are the existing possibilities around you for your kids to be physically active, and what can be arranged easily in the next days. List them, arrange them and take your kids to experience them.

3. Let them have enough toys to get engaged

Nowadays, as smartphone entertainment is ready at-hand, children may tend to ask less for toys,

compared to the older days, which can in turn result in lesser storage of toys in the home handy to them. This can naturally lead the kids to resort to the screens for entertainment. But when it comes to making sure your kids are getting enough physical activity, creativity, and staying away from smartphone screens, having enough toys to keep them engaged and entertained is key. You should ensure that they have access to safe and age-appropriate toys and materials. From puzzles, miniature vehicles and building blocks to active games and creative crafts, there's a wide variety of toys that can keep your kids happy and healthy without relying on screens.

4. Outdoor toys: chalk, bubbles, balloons

Chalk, bubbles, and balloons are all great outdoor toys that can help reduce screen time for children. Chalk can be used to draw pictures or play games on the sidewalk or driveway. Bubbles can be blown in the yard or park. Balloons can be blown up and

played with outside. All of such activities are great ways to get kids moving and away from screens.

5. Hide and seek

Playing hide and seek is one of the most classic and beloved childhood activities. It is a game that can bring out the best in us - creativity, strategy, and the ability to think on our feet. Whether the kids are playing with a group of friends or engaging in a solo mission, the skills they hone while playing hide and seek will come in handy in all aspects of life.

Hide-and-seek is a popular children's game in which at least two players conceal themselves in a set environment. Players of hide-and-seek take turns hiding and seeking. One player counts to a certain number with their eyes closed while the others hide. One or more seekers must then find the others.

Before you say the house is too small and there are no places to hide, let us turn that thought on its head. Playing hide-and-seek in a small space is

actually a great way to get your child's creative juices flowing! With limited space, they'll have to get creative with their hiding spots, and if you have more than one child, everyone can join in on the fun without feeling left out. Make the most of the space you have and have some fun playing hide-and-seek!

6. Get them interested in outdoor activities

One of the best ways to get your child interested in their surroundings and thus to keep distance with screens more often is by getting them involved in outdoor activities. Take them for hikes, nature walks, or for observing birds and animals around. The more they are exposed to the outdoors, the more likely they are to appreciate it.

7. Hobbies that Match Your Kids Tastes

There are a lot of interesting hobbies your kids can pick up that will keep them away from mobile phones. There are also a lot of great online

resources that can help you find interesting hobbies for your kids that match their interests.

Bird watching and keeping a journal to note different types of birds is one great hobby if your kid is interested. Birdwatching journals are available online at Amazon etc. You can find many such hobbies that can keep the kid away from screen and at the same time fill him with many healthy and positive skills and attitudes. Maybe in the starting, you will have to learn bit of such hobbies and be an initial coach for the same. After few months your kid will coach you!

8. Swimming

Swimming is a great way to get some exercise and have fun at the same time. There are many different ways to swim, so there is sure to be something for everyone. If you are looking for a more challenging workout, you can try swimming laps. If you just want to relax and have some fun, you can try floating in a pool or playing games with pool toys.

Defeat Screen Addiction in Kids

It's sure that your kids will love all sorts of swimming, but make sure they are safe in the water.

Let Them Experience Environment

There are plenty of things in the nature that are important for children to experience, and too much screen time can take them away from those experiences. It's essential for kids to be active and explore the world around them. They need to socialize and interact with others in person, not just through a screen. And they need time to be just kids – to play, imagine and use their creativity.

So, when you start to see your child getting lost in screens, it's time to put a limit on it. Let them know that there's more to life than what they see on a screen. Encourage them to go outside and play, observe the surroundings, or even just daydream. There's so much waiting for them outside of the screens in their lives – let them go out and find it!

There are many ways to make sure they are interested in the environment and experience the same. Some of the below tips can help you.

1. Take the child into parks

It is crucial for children to spend time outdoors and in parks. According to a study by the Environmental Protection Agency, children who spend time outdoors have better mental and physical health. They are also less likely to be obese or have diabetes.

There are many benefits to taking your child into parks. They can explore and run around, which is great for their physical health. They can also interact with other children, which is important for their social development. And, they can be exposed to nature, which can help them appreciate the world around them.

So, next time you're looking for something to do with your child, head to the nearest park!

2. Take them for an hour walk outside

When you take your children on an hour-long walk, you open up a world of possibilities for them. You can show them the wonders of nature, give them a

chance to explore new and interesting things, and get them away from screens.

The benefits of taking your child on walks are numerous. From a physical health perspective, walking can help your child improve their cardiovascular fitness, muscle strength, joint flexibility, and coordination. It can also be beneficial for their cognitive development. By exposing them to new environments and stimulating their senses, you provide them with an opportunity to expand their knowledge and understanding of the world.

An hour-long walk is also an excellent way to spend quality time with your child. You can chat, take in the sights and sounds of the environment, and share stories. It's an opportunity to bond, strengthen your relationship, and create memories.

3. Teach them about nature conservation

Another great way to get your child interested in their environment is by teaching them about

conservation. Show them how important it is to recycle, reduce energy consumption, reduce our personal carbon footprints, reduce wastage and protect natural resources. By teaching them about these things at an early age, you can instil a lifelong love and respect for the environment.

4. Teach importance of taking care of animals

Animals are an important part of our ecosystem and it's important that our children understand this. Help them learn about different species of animals and what role they play in the environment. Also, teach them how we can help animals by taking care of their habitat and not polluting their water or food sources. Take them to an evening or morning walk through the countryside and introduce the different animals you happen to come across.

5. Encourage them to garden

Gardening is a great way for children to learn about plants and how they grow and to know about nature

and where food comes from. It can also be a fun and relaxing activity for the whole family.

There are plenty of ways to get your child involved in gardening, depending on their age and interest level. For younger children, they can help with simple tasks like picking weeds or watering plants. Older children can learn how to plant seeds, care for seedlings, and harvest fruits and vegetables.

Gardening can be a great way to spend time together as a family while also teaching kids valuable life skills.

6. Indoor Garden

With some miniature clay pots, mulch, and seeds, you can bring the garden indoors and make it personal for your child. Let them pick their own seeds and paint their own pots, and then help them make labels for each flower and herb. This will both help your child become familiar with the plants they are growing and teach them about the different types.

Having a garden to nurture and care – indoor or outdoor is an excellent way to get kids away from screens (at least for some time) and engage in a creative and educational activity. Not only does it expose them to nature, it also helps to teach them about responsibility by taking care of the plants and watching them grow. It can also be a great way to encourage them to eat more fruits and vegetables, as they will be more likely to try something they have grown themselves.

To get started with an indoor garden, make sure you have a non-carpet floor that is suitable for the plants. If you don't have one, you can buy a large tray or baking sheet to put the plants in. Then, you can pick out some miniature clay pots and mulch to act as the soil. The mulch should have a high quality of organic matter, such as compost or peat moss, to provide the best growing conditions.

Once you have the soil and containers ready, you can help your child pick out some seeds. Make sure to explain the different types and what they need to

grow, as well as how to properly care for them. If you don't know much, you can take them to some agricultural support centers or experts who will be happy to help the kids to explore more of their favourite area. This is good for you and the kid to acquire proper knowledge and expertise of gardening and agriculture. After the seeds are planted and watered, it's time to make some labelled plant markers for each flower and herb. This will help your child learn about different plants and also make them feel invested in the process.

Your kids will enjoy watching their plants grow. So, bring some miniature clay pots, mulch, and seeds indoors, and get started on your own indoor garden.

7. Small rabbit farm

Farming is a great way for kids to learn about responsibility and appreciate nature. Rabbits are very lovely animals many children love to watch and care. If you have a small farm of rabbits, or even just a few animals, your kids can help take care of

them. This can involve feeding them, cleaning up after them, and even playing with them. In addition to being a fun activity, this can teach kids about empathy and caring for others.

8. Kid's fish farm

Kids always love water and fish. Arrange them a small fish farm, even if by buying a water tank and few fish seeds. Give them some basic training. This can be a great way for them to learn about different types of fish and how to take care of them. They can also learn about the importance of water and keeping the environment healthy. If a bit more planned, it can be a source of good pocket money for the children and it can teach them basic money making and responsibilities. Plus, it's just plain fun!

It's important that you give them sufficient appreciation, encouragement and help to keep them interested and engaged.

Strengthen Kids' Bonding with You

Realize that kids want parents not gadgets.

One of the best ways to help our children get away from their screens and develop healthier habits is to strengthen their bond with you as their parent or guardian. This bonding is vital for children's emotional, social, and physical development, and it can help them better manage their screen time.

In a world where children are constantly exposed to technology, it's important for parents to remember that kids still crave human interaction. Although gadgets can be fun and entertaining, they can never replace the time and attention that children need from their parents.

It's easy for parents to get caught up in their own lives and rely on technology to entertain their kids. Many parents find it an easier way to hand over the gadgets to the kids or allow them to use it to get rid of their

‘distractions’ and to concentrate on their own activities. It’s sadder sometimes that what the parents may be trying to ‘concentrate’ on, avoiding ‘distraction’ from the kid, may be using or playing on the smartphone itself, that too in front of the kids. And we want our children to get away from the phones! Any way this is not healthy for either party.

When children feel close to their parents, they’re more likely to share their thoughts and feelings with them, communicate better, and develop a more positive attitude. This, in turn, can lead to healthier behaviors, including reducing their exposure to screens. It’s important to remember that this is a process and will take time, but with a little bit of patience and consistency, you can help your children develop a stronger bonding with you as well as a healthier life style.

1. Don't allow the child to feel loneliness

Feeling lonely can be a major trigger for kids to resort to screens more often, as screens can offer an

escape from the loneliness and provide entertainment.

To prevent your child from feeling lonely, make sure to be present and available to them and try to engage in activities that they enjoy. Help your child develop positive and meaningful relationships with family and peers.

It is also important to create a home environment in which your child feels comfortable and supported by both parents. Make sure they are aware that they are loved and accepted no matter what. To the extent possible, put your own devices away and spend time together as a family. This can help to create a balanced home environment and show your child that you are serious about reducing screen time.

Ensure that your child has plenty of opportunities to interact with other children and adults. This can help your child develop relationships, build their self-esteem, and learn how to express themselves. You can also encourage social interaction by

enrolling them in extracurricular activities or playdates with other kids.

2. Spend quality time together

Kids need to learn how to interact with other people and develop social skills, and this can only happen when they have meaningful conversations and experiences with their parents. So next time you're tempted to hand your child your phone or tablet instead of spending quality time with them, remember that they really just want your attention. Put down the gadgets and enjoy some quality time together!

As much as possible, try to set aside specific times when you can spend quality time with your children, whether it's a chit-chat session, storytelling time, or a family outing. This will help them understand that you are interested in spending time with them, and will also give you the chance to discuss their screen time.

Finally, it's important to be present in your child's life. Let them know that you are there to support them and that you are interested in what they do. Stay engaged with them, no matter how busy you are.

3. Have more conversation with them

It can be hard to find time to talk with your kids these days. They're always on their phones, texting or playing games. They are busier than you and you are busier than everyone else in the world! But it's important to have regular conversations with them to understand what's going on in their lives.

Set aside some specific time every day when everyone puts away their phones and focuses on talking to each other. If you're driving somewhere together, use that time to talk. Turn off the radio and ask your child about their school experiences, their friends, or anything else that's on their mind. Ask them to teach you how to play their favorite

video game which may help you understand what's going on between them and the screen.

Be patient and listen more than you talk. Kids sometimes need time to warm up before they start talking, so give them some space if they seem reluctant at first. And when they do start talking, really listen to what they have to say instead of thinking about what you want to say next.

4. Be engaged in their interests

Showing an interest in your children's hobbies and activities can help them feel valued and appreciated. It also helps you understand what they are interested in, so you can provide them with guidance and support. If they understand that you are truly curious about their interests, they will likely start to share more with you and get more advice from you. This will help you correct them friendly and cleverly and direct them positively.

5. Talk about their day

To help children understand the importance of spending time away from their screens, talk to them about their day and ask them questions about their activities. This will help them feel heard and appreciated, and give you a better understanding of their life, as well.

6. Show your trust and affection

Let your children know that you trust them enough to have their own opinion and make their own decisions. Let them know that you have faith in them and their decisions. This will help build their confidence and self-esteem. This will help them feel more in control and more responsible.

It's important to show your kids that you care about them and that you're available for them when they need you. Give them hugs and let them know how much you love them.

7. Appreciation and positive strokes

Catch your kids doing something positive and reward them for it. It could be anything from doing their chores to getting good grades in school. Give positive strokes and appreciation. Let them know how proud you are of them. Make sure they know that you're noticing their efforts. Let them know that you value their healthy habits and positive actions.

Showing your kids that you are proud of them for doing something good will make them more likely to listen to you and repeat the positive behaviors. Make sure you are not giving them plastic appreciation, but a genuine and warm feeling from your heart. If you don't feel proud and happy actually, first make up your mind to feel so. You have to work on yourself first now!

8. Build experiences together

Whether it's a day trip to the zoo, a weekend camping trip, or a holiday abroad, making

memories together can create a strong bond between you and your child. From playing a game together to doing a project around the house, we can find many ways to create strong memories together.

9. Reading together

Reading together is a great way to bond with your child and help them develop a love for reading. When parents read books to their children at a louder volume, it can stimulate the children's mind and keep them engaged. It also promotes literacy skills and a love for reading, both of which are important for cognitive development. Here are some tips to get the most out of reading time with your child.

- **Make it a regular habit:** Set aside some time each day to read together. This will help your child develop a routine and make reading part of their daily routine.

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- Choose books that interest your child: Let your child pick out books that they are interested in. This will help them stay engaged and motivated to read. Make sure the book conveys positive messages and skills.
- Read aloud: Take turns reading aloud with your child. This will help them practice their listening and reading skills and follow along with the story.
- Ask questions: As you read, take time to ask your child questions from the story/ content. This will help them understand what they are reading and to be careful to the content.
- Encourage discussion: After you finish reading, encourage your child to share their thoughts on the book. This will help them reflect on what they have read and start to form their own opinions.

10. Encourage face-to-face communication

In order to keep children away from smartphones, one important thing is to encourage face-to-face communication. This can be done by making sure to have regular family dinners where everyone talks about their day, discussing things together, or going on group outings.

By encouraging face-to-face communication, parents can help reduce phone focused-ness in children and increase the quality of time they do spend on them. Teach them to keep eye-contact while speaking, which will also train ourselves to get back to the eye-to-eye conversation system, which many have now forgotten due to the newly invaded communication mode where both parties keep eyes on the screens while talking each other!

Work Together, Be A Mentor

1. Working together in cooking or gardening

It's important to find activities that you enjoy and can do together as a family. Gardening is one of them, which is already discussed earlier. Cooking and beautification of homes and surroundings are great ways to bond with your children and teach them healthy habits.

Involving your children in meal planning and preparation can help them develop math skills and learn about nutrition. Make homemade pizzas together. Let them choose their own toppings and get creative with the dough. And, of course, spending time outdoors in the fresh air is good for everyone's physical and mental health.

We can find many activities where the kids can be accompanied or can be trained as your helpers as well, at the same time letting them enjoy the

activities. So go now and build a fort out of blankets and pillows – you are the supervisor and the kids are the employees!

2. Let them pick a recipe to make together

Flipping through cookbooks with your children is a fun and educational activity. You can let them explore the cookbooks and pick a recipe to make together. Not only will this give them a chance to be creative and develop their skills, but it will also provide an opportunity for meaningful conversations about the ingredients, cooking process, and instructions.

Cooking together is a great way to spend quality time with your children and teach them valuable life skills. Not only can they learn to appreciate fresh, healthy ingredients, and experiment with different flavors, but they can also learn the basics of cooking and baking.

By allowing your children to flip through cookbooks, you can help them become more

familiar with the various ingredients and recipes. They can learn about different cuisines. Plus, they can learn to appreciate different cultures and explore new tastes.

They can learn to read recipes, measure ingredients, and follow instructions. Plus, they can develop their problem-solving skills as they work through the recipe. This can be a great way to teach them important life skills that will help them in their future.

3. Make the kid your assistant

If possible, try to involve them in what you're doing. For example, if you're washing the car or cleaning the house, let them help by spraying the hose or scrubbing the tires. This gives them something to do, along with a feeling of accomplishment and also teaches them to be responsible.

Whether it's washing the car, cleaning the windows, or taking out the trash, children love to help out around the house! Invite your kids to help you.

Chores may sound like a burden to adults, but toddlers love to clean, if they are properly communicated. It's a great way to feel included and they'll be happy to lend a hand.

Make cleaning fun. Children love to play, so why not turn cleaning into a game? If you give them a spray bottle and some cleaning supplies, they can have a blast wiping down the windows or scrubbing the floors. You can also let them help you do laundry and fold the clothes.

It's possible that toddlers may try to do all these cleaning and cooking tasks by their own, without your supervision or when you are in the office, and make things a mess! Foreseeing this in mind, train and direct them accordingly, and be careful. It may also help to assign some tasks or areas that they can do themselves in your absence, and which cannot be made a mess or messier anymore!

Doing chores together with kids is a great opportunity to spend time together. This is especially important if your kids have been

spending a lot of time in front of screen. Participating in activities with your kids is a great way to reconnect. It's also a great way to teach them importance of hard work and how to work together. When you're working on a project together, your kids get to learn about team work, planning, and problem solving.

Start by helping your child understand the importance of the job. If you're washing the car, explain that it's necessary to keep it clean and running smoothly. If you're cleaning the windows, let them know importance of cleanliness in the home. Give them age-appropriate tasks to complete, and then provide appreciation and encouragement.

When you finish, stand back and admire your handiwork! You and your child have just accomplished something great together - and had some quality bonding time in the process!

Family or Group Events

Here are some ideas for fun events that will help you get your kids put their phones down.

1. A day at the beach

Kids love being outdoors, especially at beaches, so spending a day at the beach or some interesting places is a great way to get them away from their screens. Keep some rules like not allowing to be on screens at the beach!

2. A scavenger-hunt

This is a great way to get kids moving and using their brains instead of their thumbs. It's a game in which individuals or teams are sent out to accumulate, without purchasing, a series of common, outlandish, or humorous objects, the winner being the person or team returning first with all the items.

3. A trip to the zoo or aquarium

Visiting a zoo or aquarium is a great way to teach kids about animals and science while having fun at the same time.

4. A picnic in the backyard

Sometimes, the simplest things are the funniest. Pack up some snacks and head outside for a picnic in the backyard with the family.

5. A family game night

Dust off those old board games and have a family game night. It's a great way to bond with your kids and have some happy time together without staring at screens all evening. It's important to remember that playing isn't just for entertainment – it's crucial for the kids' overall development. So, make sure to set aside some time each day to play with your kids yourself, and this family game day can be a great occasion in starting or boosting such a habit.

6. Singing competition

You can host a family singing competition as an easy way to bring the family together and get kids away from the screen for a while. Don't think it's necessary to shoot such events on your mobile as it will damage the purpose and will turn the entire process to another screen event!

Clear the living room and create a "stage" for the kids to perform on. Then, let the kids take turns singing their favorite songs. If you don't have a microphone, don't worry—just grab a hairbrush and let them loose!

Having a singing competition can be useful to get children out of their comfort zone and increase their confidence. If you have older kids, encourage them to show off their vocal range.

Take turns singing, or if you're feeling really adventurous, have the kids perform alongside you. It doesn't matter if you're not a great singer; the important thing is that everyone joins in and has

fun. Even if it sounds like a cacophony of noise, it's all part of the experience.

Once the competition is over, you can hand out awards to the winners. The awards don't have to be anything fancy; but certificates, ribbons, and small toys are all great options.

Not only is it a great way to reduce your children's screen time, but it's also an amazing opportunity for the whole family to bond and have fun together. So, crank up and let the good times roll!

7. Take them to family visits

When it comes to reducing screen time for children, one great strategy is to take them on family visits. This can be a great opportunity for them to socialize and explore new environments outside of the home. Plus, it can be a chance for you to spend quality time with your relatives and loved ones without having to worry about screens.

Encourage your child to interact with other members of the family. This includes talking,

playing, and participating in activities together. Make sure there are plenty of other things for your child to do during the visit. If you are afraid that once you reach the relative's home, the kids there can be glued to the screens and your kids may join them, take some interesting and enjoyable things for kids with you, like a pack of balloons etc., that can excite the relative's kids also and get them put their phones down for a while.

Fun Experiments with Science

If your child expresses an interest in scientific experiments, encourage it! This is a great way for them to learn about the world around and about the ways things work. It will also keep them away from screen addiction. There are a few things you can do to help them get started.

- Visit your local library or bookstore and check out some books on science experiments.
- Look online for websites that offer step-by-step instructions for fun science experiments.
- Purchase some basic supplies like plastic cups, tablespoons, food coloring, etc. so they can start doing experiments right away.
- Help them plan out their experiment by asking questions and offering suggestions.
- Encourage them to record their findings in a notebook or on a piece of paper so they can refer back to it later.

- Talk with them about their experience afterwards and ask if they have any questions or want to discuss what they learned.

As a sample job, let's consider making candles from crayon scraps.

- a. Follow the simple steps to turn worn down crayon nubs into colorful candles.
- b. Gather your materials. You will need crayons, a candle mold, a pot, some water, and a stove.
- c. Break the crayons into small pieces and put them in the pot.
- d. Add water to the pot and heat it on the stove until the crayons melt.
- e. Carefully pour the melted wax into the candle mold.
- f. Let the wax cool and harden before removing the candle from the mold.

Mechanical Activities

With some simple and fun mechanical activities, you can provide your kids with hours of entertainment while also stimulating their creativity and problem-solving skills. Such activities can also help improve fine motor skills and eye-hand coordination. They can also help kids learn about cause and effect and how to follow instructions. In addition, these activities can be a great way for kids to socialize and interact with others.

These activities keep the mind active while teaching valuable lessons that can be applied to real world situations. With so many options available, it's easy to find something that fits your kid's individual needs and interests.

There are a few key things to keep in mind when trying to get kids engaged in mechanical activities:

- **Start with simple projects:** It's important to start with simpler projects that can be completed relatively easily. This will help kids feel successful and motivated to continue working on more complex projects.
- **Make it fun:** Try to make the activity itself enjoyable for kids so they don't get bored or discouraged. Add in some elements of competition or challenges to keep them engaged.
- **Be patient:** Some kids will require more guidance and assistance than others. Be patient and provide clear instructions so they can successfully complete the project.

Let's consider some activities here.

1. Building with blocks and building models

This is a classic activity that can be done with all sorts of different materials, from wooden blocks to foam blocks to Lego products. It's great for developing fine motor skills and hand-eye coordination, and it's also lots of fun!

Building models is a terrific activity for kids who are interested in how things work. It's also a great way to develop problem-solving skills as you figure out how to put the pieces together correctly.

2. Chess and board games

There are so many different kinds of board games out there, from classics to newer ones. Select one that can convey positive messages as well. Some games (in general, not specific to board games) pass negative or aggressive messages subconsciously, so we have to be careful. Board games are a great way for kids to interact with each other and use their critical thinking skills.

Chess is a great game for children to play as it helps them to develop strategic thinking skills. It also teaches them how to plan ahead and think about consequences of actions. This can be beneficial in many areas of life, such as when they are making decisions about what to do next in a game or in real life.

3. Painting, drawing, getting artsy!

Painting is another great activity for developing fine motor skills. It's also a good opportunity to get creative and experiment with different colors and textures.

Drawing is another excellent way to encourage creativity and develop fine motor skills. Plus, it's just plain fun!

Grab some paper, crayons, paint, etc., and let their imaginations run wild. You might be surprised at what they come up with.

4. Build a simple machine

Have your kids gather some everyday objects from around the house (e.g., a cardboard box, a plastic container, some string, etc.) and see if they can build a simple machine, such as a pulley or lever.

5. Make a paper airplane

This classic activity is not only fun, but it also let kids have a chance to learn about the principles of aerodynamics.

6. Build a balloon-powered car

Using just some recycled materials and a balloon, your kids can build their very own balloon-powered car!

7. Make a stomp rocket

Using an empty soda bottle, some duct tape, and a straw, your kids can make their very own stomp rocket!

8. Experiments with magnets

Give or buy them some small magnet pieces and metal objects and encourage them what happens when different objects are put near magnets of different sizes and strengths.

9. Water activities

If you're looking for a fun and easy activity to do with your kids, try some water activities. Try this one for example! All you need is a plastic tub, some water, and LEGO Duplos. Give your child a strainer to fish the Duplos out of the water. Only put in as much water as you're willing to clean up afterwards! This activity is great for fine motor development and also helps promote imaginative play.

10. Making a fort

A fort can provide your child with hours of entertainment and is a great way to reduce screen time. There are many ways to make a fort, whether using cardboard boxes, pillows and blankets, or an endless supply of “building” materials. Forts can be simple or complex, small or large – it’s up to your child’s imagination!

Here are some tips for making a fort:

- Choose a location. Indoors or outdoors, a fort can be made just about anywhere!
- Gather your materials. This is where your child's creativity comes into play. Anything can be used to build a fort – blankets, pillows, furniture, sheets, towels, etc.
- Start building! Let your child's imagination run wild as they start construction of their very own fort.
- Add some finishing touches. Once the basic structure of the fort is complete, add some personal touches to make it truly unique. This could include blankets for flooring, pillows for seating, and more!

11. Secret spot

A “secret” spot is a great way to help reduce screen time of our kids and get them to explore the world around them. It offers children a safe place to hide and hangout, away from the hustle and bustle of everyday life.

The thought of a secret spot is both exciting and empowering for children. It gives them a sense of independence and allows them to explore their imagination. Even if you know exactly where they are, it is still their special place.

Encourage your child to find their own secret spot. It can be anywhere – in the backyard, in the park, or even in their bedroom. Help them to decorate it with things that they love, such as flowers, posters, or lights. Then sit back and watch them enjoy their very own space. Make sure screens are not allowed in the secret spot to make sure your goal is achieved!

12. Origami

Origami is an exciting and creative way to get kids away from screens and into a world of crafting. Not only is it a unique activity that requires focus and attention, but it's always a fun challenge for kids to try out new origami designs. Plus, you don't need to invest in any special materials to get started - all you need is paper or something simple like that, which

you most likely already have around the house. To get the most out of your origami experience, why not challenge your kids to make paper airplanes with their origami paper and then compete to see whose can fly the farthest? It's a fun and easy way to create memories that will last a lifetime!

13. Gluing Project

Brighten up your home and your child's day with a fun and creative gluing project! This simple activity is the perfect way to help your little one develop their fine motor skills, while also providing some quality time together. Cut out some colorful flowers from construction paper, and show your child how to glue them onto a larger piece of paper. It's an excellent activity for spring and summer, plus you can hang your child's artwork up on the wall afterwards for a lovely reminder of the growth in the skills of your kid!

14. Let them play with soil

If you have a backyard, great! If not, consider going to a nearby park or nature reserve. Let your kids explore and play with the soil. They can make and shape various things with mud, play traditional kids games with mud and soil, also they can dig holes, make mud pies, and find bugs and other creepy crawlies. Let them not kill them but explore their movements and life styles! This is a great way for them to get in touch with nature and use their imaginations.

If you're worried about them getting dirty, don't be! Kids love getting messy. And it's good for them too – it helps them develop their skills and curiosity. Let them have some plain fun!

15. Go for some no-harm pranks

There's no need to go overboard with pranks that could harm someone or cause property damage. Instead, opt for some light-hearted fun that everyone can enjoy. Kids should be helped to

differentiate between sheer fun pranks and damaging activities named pranks that can cause unexpected problems. Turning all the picture frames in your house upside down, can be a simple example.

16. A florist in making

Make your kid a florist and help them explore the natural beauty of the world! Collecting branches, ferns, and blooms can be a great way to teach kids about the environment while engaging them in creative activities. By arranging these items in a decorative jar, you can help them learn basics of composition and design while spending less time in front of screens. Not only will they create a beautiful arrangement, they'll gain valuable knowledge and understanding of the natural world.

17. Give them old fabrics to try DIY projects

There are so many fun and easy DIY projects for kids to do with old fabrics! With a little bit of

imagination and creativity, your child can transform fabric scraps into amazing creations, plus it will keep him away from screens.

One fun idea is to make a fabric scrapbook. Have your child collect all their old fabric scraps and then help them glue or sew them onto pages of construction paper. They can then decorate the pages however they like. Making a fabric collage is another option. Help your child cut out different shapes from their fabric scraps and then let them glue or sew the pieces onto a piece of construction paper or cardboard. Again, they can decorate the collage however they like. Encourage your child's imagination and let them express themselves through the fabric creations.

18. Teaching simple magic tricks

Teaching the kids some simple magic tricks can get them engaged in something creative. Not only will they have fun while learning and performing, but they will also develop essential life skills such as

problem-solving, critical thinking, and public speaking. Plus, it's a great way for you and your child to bond and create memories. Give your child something truly magical to get them away from screens and into the world of illusions and wonders! They will love it.

19. Decoupage

Decoupage is a fun, creative way for kids to express themselves and learn something new. With a few materials, your little ones can create something beautiful and unique to them. It's a great way to reduce screen time, as it requires them to use their hands and minds to create something special.

Decoupage is the art of gluing paper or fabric onto an object, then covering it with a layer of varnish or something similar. To get started, you'll need some scrap paper, safety scissors, washable glue sticks, and a few other supplies.

To begin your decoupage project, brainstorm some ideas with your kids. What do they want to make?

Do they want to make a collage, a picture frame, a pencil holder, a coaster set, or something else? Once they have their ideas, get to collecting materials. You can use scrap newspapers, magazines, fabric, buttons, strings, yarns, and more.

Once you have your materials ready, it's time to start cutting and gluing. Depending on the age of your kids, you may need to assist them with cutting and gluing the materials. Use a washable glue stick for this, as it's easier to clean up than traditional glue.

Once all of the materials are cut and glued, it's time to finish the project. Cover the project with a layer of varnish to seal it and give it a nice finish. If your kids are feeling adventurous, you can also add some paint, glitter, or stamps to the project for a personal touch.

Alternative Arrangements to Replace Smartphones

1. Activity based learning

One solution is to indulge them in activity-based learning. This type of learning is hands-on and interactive, and it's proven to be more effective than traditional methods like lectures and textbooks. Plus, it's more fun for children, so they'll be less likely to reach for their smartphone when they're bored. If you cannot find creative ideas, an internet browsing on the topic will help you.

2. Give them activity & puzzle books

If you want to keep your child away from mobile phones, give them activity books and puzzles. These can help them stay occupied and improve their problem-solving skills. There are many different

types of activity books and puzzles available, so find ones that fit your child's interests and abilities.

Activity books can provide hours of entertainment for kids. They can learn new things while working on the activities inside. Puzzles can also be a great way to keep kids busy. They can work on them alone or with supervision. There are many different kinds of puzzles, so find ones that fit your child's interests and abilities. Amazon has a big collection of such books, for example.

3. Introduce picture books to toddlers

Picture books are a good alternative to keep the little ones engaged off screen. Start with simple picture books. Look for ones with bright colors and interesting shapes. Point to things in the pictures and name them. This will help your baby learn new words and concepts. Take your time and let your baby look at each page for as long as they want. They may not be able to sit still for long, but that's

okay! Just keep reading as long as they keep enjoying.

4. When feeding, tell stories, instead of phones

When it comes to feeding time, don't resort first to the screens, to keep the kids calm to take foods. Tell them stories instead of giving them phones. Not only will it be a bonding experience for you and your child, but telling stories can improve language development, literacy skills, and concentration. Make sure you select stories with good messages, and even in their old ages, your kids will remember you whenever they remember a story!

5. Cultivate and encourage diary writing

Writing diaries can help children express their thoughts, feelings and experiences in a meaningful way. It can also help them to become better at critical thinking and communication.

Encourage your kids to write diaries regularly. Writing diaries can also help kids to develop better

social skills. It can help them to express their emotions in a more appropriate way and communicate better with others. It can also help them to develop better self-awareness and self-confidence. It helps them become more productive, creative and competent individuals.

Following are some tips to help your kids cultivate the habit of writing diaries.

- Start small. Encourage your child to write a few sentences in the diary each day. This will help them get used to the habit and make it less daunting.
- Offer rewards and appreciations. Give your child stars or small gifts when they complete their daily writing. This will help them stay motivated and keep up the habit.
- Make it fun. Provide your child with colorful pens, markers, and other stationery that they can use to write in their diary. This will help make the activity more enjoyable.

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- Encourage them to be creative. Suggest topics that your child can write about. Help them improve their creativity and imagination.
- Make it a family activity. Get other family members involved by writing in their own diaries. This will help them bond while also helping the kids reduce their screen time.
- Read it aloud. Start a family tradition of reading aloud from everyone's diary at the dinner table once a week. This will show your kids that you value their thoughts and feelings, and it will also give you an insight into their inner lives.

With some patience and encouragement from parents, kids can cultivate the habit of writing diaries and reap the benefits it brings. It can also help them to express themselves when they are feeling overwhelmed or stuck in a rut. When children understand the value of writing in a diary and start enjoying it, they are more likely to commit to doing it regularly.

6. Recognize the kid's taste, build on it

Observe what attracts them away from their screens, even for a short time, and try to build on it. This could be something as simple as playing a game together or going for a walk outside. By taking note of what interests your child and finding ways to engage with them in those activities, you can help reduce the amount of screen time.

7. Less attractive launchers and features in phones

Using less attractive launchers and features on phones can possibly reduce kids' use of them. The colors, brightness and beauty of the smartphone screens cause kids to get attracted to the screens. Even the adults lose themselves in mindless scrolling on the screen, sometimes due to the attraction of the smartphone screens. By using less attractive or complex-to-use launchers and features in the phones, we may be able to reduce screen time.

The android launchers named ‘minimalist phone: Productivity’ and ‘Indistract Minimalist Launcher’ are two good examples in this regard. These launchers make the screen fully black and white and hides the beautiful menu of apps; instead provide a black and white list of apps only and many features to reduce our screen time. The best part is that these are not developed to reduce the screen time of kids, but of the adult phone owners, so that, it can be bit more effective in case of younger kids.

Enabling night mode to remove the blue and beautiful light on the screen is helpful in making the phone less attractive and is also better for eyes. It's no secret that staring at screens for too long can be bad for your eyes. Children are more vulnerable to the negative effects of screen light, since their eyes are still developing. Night mode is a built-in feature on most smartphones and tablets that filters out blue light, which has been linked to eye strain and sleep problems. Not only will this help reduce your child's screen time, but it's also better for their eyesight in the long run.

Using dark themes in the phones, along with removing or hiding all beauty features to convert the phone into a less attractive utility device can add effect. Smarter kids can find ways to bypass all these, but these hacks are more likely to work for younger kids and in the phones of the parents, that sometimes get grabbed by the kids. At least in some cases, they will come back to you or put back the phone if you make use of such tips.

Customizable launchers can make it difficult for users to access certain features, and this can be helpful to limit use of apps that are known to be addictive or time-consuming. By making it more difficult for children to access these features, they will be less likely to use them as often.

8. Go back to older resources and tools

Smartphones have replaced many things we used separately until recent past. From television, camera to alarm clock, dictionary and encyclopaedia, everything is now integrated in the

small device and we most often resort to the phone for all such needs.

But that we can use smartphones for all different purposes doesn't mean that we must use the phone mandatorily to replace all those things. Actually, it increases our screen time and our addiction-like inclination to the phones, which in turn gets copied and modelled by our kids. To make things worse, all such official and necessary uses by us are seen or termed by the kids as 'playing' on the phone, which subconsciously can normalize excess screen time in their minds.

In order to reduce our screen time, and eventually that of our kids, it's better to change this habit. When you have an alternative for phone, use it. For example, if you want to read, try not to use mobile in front of the children for reading, instead use books. Read news on newspapers, not on mobiles. Read magazines in the 'old-model' printed copies. Use a calculator device instead of mobile.

Repair and use the 'old' alarm clock. It can also help remove smartphone from the bed or under the pillows. If you think someone can call for an emergency in the night, keep a feature phone as well, beside the alarm clock. Set clocks in bedrooms and common areas and make using wrist-watch a habit, so that going to smartphone for knowing time can be avoided. Even, use a computer where possible, instead of the smartphone. It's a better screen than the phone, when it comes to putting a model in front of the kids.

When your kid asks a question, it's important to take the time to look up the answer in a dictionary or encyclopaedia. Don't ask everything to Google or Siri, as it can lead to excess smartphone use, bad habits and a lack of critical thinking skills. If you want your kids to grow up to be independent and resourceful, it's important that you model those qualities yourself. When they see you looking up answers in books instead of just asking Google or Chat GPT, you are setting a good example in front of them.

9. Get back those older playing devices

There are many older and lesser dangerous playing devices that can still engage kids to an extent if we introduce them to the kids. Some of the less advanced digital playing tools and games, which were craze of today's parents in their childhood, are still able to engage the children for a while. They don't have the smart screens with blue lights or vibrant colors, and therefore are better options compared to the smartphones.

10. Introduce useful games & programs

Even when kids are allowed access to screens, don't let them go loose, search and do whatever they like. Doing so, the kids can waste their time on less-useful or harmful contents or apps. Be watchful, give them proper direction and get them interested in quality educational and creative programs, games or activities that can enhance their skills and attitudes.

There are a variety of different games available that focus on things like STEM (Science, Technology, Engineering and Math), creative thinking, and more. There are plenty of programs and apps out there that can teach kids valuable skills. Few examples are given below.

- Osmo: It is a game system that uses an iPad and real-world objects to get kids engaged in learning through play.
- Kano: They provide a kit that lets kids build their own computer and learn to code with it. It's a great way to get them interested in technology and how it works.
- ABC Mouse: This is a program that offers a wide range of educational activities for children in the age of 2-8. It includes games, books, and more. ABC Mouse is available online and can be accessed on smartphones, tablets, and computers.

- **PBS Kids:** They offer a variety of educational games and videos for children of all ages. PBS has a separate section of parent resources as well.
- **Khan Academy:** This website offers video lessons on a variety of subjects, including math, science, history, and more. Khan Academy is a great resource for parents who want to help their children learn new things in an engaging way.

11. If necessary, give them feature phones

If you think that it's necessary to have a phone with your kid for safety or communication purposes, give them feature phones instead of smartphones. Some parents tend to gift them smartphones in such occasions, which can have a damaging influence considering their screen time. Feature phones have enough of the basic functions of a phone, but don't have all the bells and whistles that come with a smartphone. Also, if it's very necessary to have a smart device with the kid, try to manage with a smartwatch instead of a smartphone. This

can help reduce the amount of time your child spends on the phone, as feature phone and even smartwatches are less addictive, compared to a fully loaded smartphone.

12. Use big screen

If your kid is in real need to watch something on the screen, better to arrange it in a big screen like TV monitor or computer. Make sure it doesn't cause additional screen time, if you get busy with other things. Using an easy-to-operate projector is a better way if kids need to watch something. It can reduce blue light issues on eyes, addiction, as well as many other bad influences of the smartphone.

13. Donate or recycle old electronics

If you have old electronics, including smartphones or tablets that you no longer use, consider donating or recycling them. If they are in working condition, they add to number of screens available to the kids. Sometimes such devices may be completely out of

your memory or care, which makes it easier to the kids to use them excessively. Donating such electronics can help others in need, and recycling can help reduce electronic waste. Keeping number of screens in the home lesser is key to reducing screen time of kids.

14. Keep your child's bedroom screen-free

In order to reduce your child's screen time, it is important to keep their bedroom screen-free. This means no computers, TVs, phones, or tablets in their bedroom. By having a screen-free bedroom, your child will be less likely to spend hours in front of a screen and more likely to get a good night's sleep.

There are many benefits to keeping your child's bedroom screen-free. One is that it will help them sleep better. The blue light emitted from screens can disrupt our natural sleep cycle and make it harder to fall asleep. If your child is having trouble

sleeping, removing screens from their bedroom may help.

Another benefit of a screen-free bedroom is that it can help reduce anxiety and improve mental wellbeing. Too much screen time has been linked to higher levels of anxiety and depression in children and adolescents. By having a screen-free space for them to relax in at night, you can help your child wind down and feel more relaxed before bed.

15. Media Fasting - set a no-device day

There are many benefits to setting aside a day to disconnect from devices and screens. It can help improve focus and concentration, boost creativity, reduce stress levels, and promote healthy sleeping patterns. It can also be a great opportunity for family bonding and interacting with the world around.

Set clear rules and expectations for the day. Let everyone know that there will be no screens or devices allowed, and make sure everyone is on

board with the plan. Have plenty of activities planned. Make sure there are enough things to do so that everyone stays busy and happy throughout the day. Put away all devices in a central location. This will help reduce temptation and make it easier to stick to the plan.

16. Use a screen time chart

Keeping and displaying a screen time chart is a great way to track your family's screen time. Simply write down the amount of time each family member spends on screen each day. Then, add up the total screen time for the week and compare it to the recommended limits.

If your family's total screen time is too high, try setting some limits. For example, you may want to limit screen time to 2 hours per day on weekdays and 1 hour per day on weekends. Or, you may want to have no screens on Sundays. Whatever limits you set, be sure to stick to them! And don't forget to

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encourage your family members to find other things to do with their time.

Have some gifts to those who keep up with the limits, especially if the kids are the winners; and have some funny punishments for those who fail to control their screen time.

Putting Limits and Active Control

Actually, one of the first things we need to do to limit screen time of kids and protect them from screen addiction is setting limits to their screen access. But, without properly understanding their emotions, their reason to get attracted to screens and arranging and implementing alternative measures to get them engaged and active, introducing strict controls can be less effective and mentally harmful too.

This is important particularly in the case of younger kids who cannot seriously understand the risks of excessive screen time. Taking screens away from them aggressively, scolding them for screen usage or giving other strict and strong punishments can largely hurt their innocent and tender minds and can have lasting damages. They may not be able to understand why the parents are taking their entertainment and happiness away.

But after introducing and arranging enough alternatives, educating them and spending quality and affectionate times with them, it's time to put sufficient limits and measures. They can now, hopefully, take the limits more positively and seriously or even unconsciously if we are clever and creative enough.

Limiting screen time of kids is an important part of being a responsible parent. With a little bit of effort, parents can ensure that their children are using the devices responsibly, not becoming addicted to them, and are growing as responsible digital citizens.

One of the most effective methods is to create rules and expectations around screen time. You can start by setting specific times of day or week when devices will be allowed. You can also require that certain activities take precedence over screen, such as outdoor playtime, or homework and other educational activities.

Another way is to actively monitor their use, by checking history of the devices they use or by setting up parental control measures that can block certain

websites, set time limits, and monitor what your child is viewing online.

It's also a good idea to discuss with your children about the importance of reducing screen time. Explain to them that screens can be both a distraction and a source of entertainment, and that it's just as important to unplug and focus on other activities.

1. Out of sight – out of mind

The first and simplest way to limit the screen time of kids is making sure that they don't have access to screens in the first place. With screens being easily available and accessible to the children, it can be hard to block them.

The principle of “out of sight, out of mind” can be incredibly powerful in achieving this goal, especially when it comes to toddlers. Hide devices in drawers or cabinets, and if possible, turn off notifications on the devices so that they're not constantly pinging, grabbing the kids' attention and

revealing the ‘secret place’ that helped you hide them!

Arrange designated areas for electronic devices that are not easy to the kids to find or grab, like at some distance or height, so it gets hard to reach them immediately when bored. Keep non-screen items like newspapers, puzzles, story books, building blocks, balloons, board games, stress balls etc. readily available. This way, when kids get bored, they have other options to turn to, besides screens. Even if no such readily accessible play items, keep the phone very harder to find, and let them get bored for a while. It’s only then they will be forced to find their own solutions to boredom, and to develop their imagination.

If you need to make or receive regular calls, consider using a feature phone instead of a smartphone, so that the smartphone can be kept hidden and used only when necessary. Your use of smartphones can be then arranged mostly to the

times when the kids are in school, sleeping, or engaged in activities outside.

Unfortunately, many parents are the first to introduce screens to their children, often in an age-inappropriate way. Whether they actively give a screen as a pacifier or passively allow their children to get a screen, they are often the first to create an attachment between the child and the screen.

In order to prevent screen time from becoming an issue, parents should make sure that their children are not exposed to screens until they are of an appropriate age. This can be done by not introducing screens to toddlers, and by limiting the amount of time that older children can access screens. Even older children should be directed not to introduce screens to the toddlers. Having a plan and control with the parents is important in keeping toddlers and kids not introduced to screens at a very early stage.

In many ways, limiting screen time for kids starts with us parents. We are the ones who can provide

our children with a safe and healthy environment. If we take necessary steps to limit their exposure and access to screens, we can ensure that our kids grow up not addicted to screens. It's not too late to start limiting screen time and encouraging healthy habits in kids.

2. Don't use screen as an emotional pacifier

Some parents use devices to calm their children down or keep them occupied. However, this can have negative consequences. As parents, one of the first things is to stop falling into this trap of using screens as pacifiers for our kids when we're busy and have no time to give them our full attention. It's important to remember that this is not the right way to handle things. Instead, try to find and arrange alternatives, as many of them are discussed earlier and more can be found if you are strict on yourself in not using screens as pacifiers.

Children who constantly use technology or who are introduced to screen so early and in excessive

amounts can become addicted to it and may have trouble focusing on other activities. Additionally, they may become reliant on screens for entertainment and may not know how to entertain themselves without a screen. This can limit their imagination and creativity.

Another downside to using technology as an emotional pacifier is that it can prevent children from developing social skills. If they are always looking at a screen, they are interacting less with the people around them. As a result, they may have trouble making friends and connecting with others emotionally. It is important to encourage kids to interact with the world around them and develop their own skills and interests.

Children are blessed by God with such a natural tendency and enthusiasm to find ideas and creative solutions to keep them engaged and learning. But we, the lazy parents, hesitant to be energetic or creative to help them, destroy such natural qualities of our own kids, by introducing screens too early

and irresponsibly and getting them addicted to the same.

3. Don't give gadgets too early

While it may be tempting to give in to your child's demands for a smartphone, it's important to remember that this is a decision that should not be made lightly.

Sure, it may seem like a good way to keep them entertained — and out of your hair — but children who have their own devices are more likely to suffer from sleep problems, anxiety, and depression. They're also more likely to develop poor social skills and become addicted to technology.

So next time you're tempted to hand your kid a tablet or phone, think twice. There are plenty of other ways to keep them entertained — and safe.

Here are a few things to consider before handing over a phone.

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- The age of your child: Smartphones are not appropriate for very young children. If your child is under the age of 10, it's probably best to wait on getting them a phone.
- The maturity of your child: Even if your child is the right age, they may not be ready for the responsibility of having a smartphone. Can they be trusted to use it wisely and not lose it or be trapped by it?
- The cost: Smartphones can be expensive, and adding on a data plan can quickly make them even more so. Make sure you're prepared to budget for this new expense before making the purchase.
- The need: Does your child really need a smartphone? If they're just begging for one because all their friends have one, it might be better to wait a bit longer. Let them either understand it or get satisfied in something else positive, instead.

4. Do not fall for their tears

Make sure you are not defeated by their unreasonable demands and tears, or all is lost and the children will finally win. It is no secret that children cry, a lot. And, as any parent knows, it can be incredibly difficult to resist their tears. After all, who doesn't want to see their child happy?

However, while it may be tempting to give in to your child's every whim, it is important to remember that sometimes it is necessary to say no. This is especially true when it comes to mobile phones.

So, next time your child asks for a new game or app on their phone, take a moment to consider whether or not it is really worth the risk. It may be tough in the moment, but saying no now could save you a lot of headaches down the road.

When you're tempted to give your child smartphone as a reward, think twice. It's not worth

the risk. It encourages your child to develop an unhealthy attachment to the phone.

Say No to phones, if you don't give him phone, he might cry, yell like hell but remember he can't cry for more than a week or so! children have the best capacity to forget things. Do not fall in their trap.

Many of our efforts and controls may work only within a limited time window. Children are smart enough to outsmart us with infallible logic and puppy eyes. It is no secret that children are smarter than we give them credit for. They can outsmart us with their logic and cuteness in a matter of seconds. We need to be aware, watchful and creative to remain successful in our mission of being a responsible parent.

It is no secret that phones are addictive. Just like any other addiction, it is important to break the cycle early on. If you have a child who is addicted to their phone, it is important to take action. While it may be difficult at the moment, remember that your child can only cry for a limited time. They will

eventually forget about the phone and move on. It is important to be firm with your decision and not give in to their demands. In the end, you will be doing them a favor by helping them break their addiction early on.

5. Put active control on screens

Another basic step for limiting screen time of kids is to put an active control on their phone usage. This means that you can set limits on how long they can use the phone each day, or what times of day they can use it.

Set regular times for screen use and stick to them. For example, allow your child one hour of screen time per day after school and on weekends. During screen-free time, encourage your child to be active by playing outside, reading books or participating in other creative activities, as we discussed in other sections. You can also block certain apps from being used, or restrict internet access.

Also, make sure your kids are not on screens even when you're not around. For example, when your kids are in the care of other people, clearly explain to them your limits on screen time and the strategies you follow to ensure the same.

6. Use parental controls & passwords

There are a number of great parental control apps available that can help you keep your child away from mobile phones. Some of these apps allow you to set limits on how much time your child can spend on their phone, and some even let you block certain apps and websites. Google's 'Family Link' is can be one good choice in Android devices.

The default android app named 'Digital wellbeing and parental controls' that is found in the settings of latest android versions is another solution. It has also a timer function, which can be used to limit the amount of time spent on each app. This is a great way to make sure that children (and yourself too!) do not spend too much time on addicting apps. The

same app has few other features that help reducing your screen time as well as the kids.

Locking the device with a password, PIN or pattern that's not easy to the kid, is one of the basic solutions. But some of us still fail to use it effectively.

Using passwords for phone and different accounts is also important to prevent internet dangers reaching your phone data and your kids. For this purpose, avoid using easily guessed words like "password" or your child's name. Create different passwords for different accounts. That way, if one account is compromised by a potential hack, your other accounts will still be safe.

Monitor the device used by your kids, to make sure that no unauthorized or harming access has been given any way. Change your passwords regularly to keep them fresh, but also find some strategy to avoid forgetting the renewed passwords!

7. Computers and TVs in shared spaces

Not only smartphones and tablets are the screens children have access to. It's true that in-hand screens are more dangerous than bigger screens. Still, there should be some care and control regarding the bigger screens as well. It's important to keep computers and TVs in shared spaces of your home so you can monitor your child's screen time. By doing this, you can help your child develop healthy media habits.

Put the TV in a central location in your home. This way, you can easily keep an eye on what your child is watching. Set limits on how much TV your child can watch each day. Even in the TV time permitted by you, encourage your child to watch educational programs or shows that are appropriate for their age group.

8. Screen breaks

It's no secret that children love screens. They are fascinated by the colors, the movement, and the

constant stimulation. To reduce screen times of children, one practical way is to have regular "break times". Try to develop the habit of having break time after a specific amount of screen use, and not having prolonged screen use without breaks, which have many bad effects. An interval where all screens are turned off can also be helpful.

Children need to move their bodies, use their imaginations, and interact with the world around them; and having breaks is important in this regard. If your child wants to watch something on screen for a 30-minute, have them to do 10 minutes of physical activity first and/or after a 30-minute of screen, before proceeding further.

Also, it's good to break up screen time into smaller chunks. Children should be trained to expect that they can use the screen only to such a limited period at a single use and that they need to go to some off-screen tasks or activities to come back, only later, for another lap of screen access.

In the first scenario, the child is using phone for two hours for example, but with a 10-minute interval of physical activities after each 30-minutes, while in the second scenario, the child is allowed screen access only for 30-minutes, and will be given a next chance only later, may be after few hours, and after some off-screen activities.

Whatever method you choose, make sure to be consistent with it. Children thrive on routine and predictability. If you can stick to a plan, they will eventually get used to it and learn how to balance their time and activities.

9. Homework and priorities before screen

It's also important to make sure that the child finishes their homework and other priorities before they get access to the screen.

Make sure that the child has a set time for doing homework and other activities. This will help them to know when they need to focus on these tasks. Help the child to create a schedule or checklist of

what needs to be done each day. This prepares them to stay on track and ensure that they don't forget anything. This will also help them to keep everything on a schedule and set priorities in their later life.

Have regular check-ins with the child throughout the day to see how they are progressing with their tasks. This will help you to identify any area where they may be struggling and to offer assistance if needed. Appreciate the child when they complete their tasks and reach their goals. They will be encouraged to keep up the good work!

10. No screen during meal time

When it comes to meal time, it's important to unplug from screens and focus on the food and company. Whether you're at home or out at a restaurant, putting away phones, laptops, and tablets during meals can help improve conversation and personal bonding. It can aid in better digestion

by allowing you to fully focus on chewing and swallowing your food.

This may be difficult at first, especially if you're used to using screens as a way to pass time while eating. But you cannot keep your kid away from screens, while you keep using it in the meal time. Moreover, even if the kid is not using phone during his meal time, seeing you always using a phone during meals can set his mindset in favor of 'meal-plus-phone' habit, which can have various negative results.

If you find yourself struggling to break away from screens during meal times, start by setting some ground rules. For example, designate mealtimes as "screen-free zones" where everyone must put away their devices. Or challenge yourself to go screen-free for one meal each day. With a little effort, you can make meal time screen-free in no time!

Keeping screens out of meals and family time will help you and your child focus on face-to-face interactions and avoid overeating or excessive

snacking while watching mobile phone or working on the computer. Eating with screen can lead to weight gain and other unhealthy conditions.

11. No screen before sleep

Some children today spend more time on their phone than they do sleeping! Make sure your child is getting enough sleep by setting a bedtime that allows for at least 8 hours of rest per night. Using screens right before bed can make it harder for kids to get the recommended sleep time.

Sleep is essential for good health, and screens can interfere with sleep in several ways. The blue light emitted by screens can disrupt the body's natural sleep rhythms, and the stimulating content of many apps and games can make it hard for kids to fall asleep. Instead of letting them use their devices right up until they fall asleep tired of screen, set a cut-off time for screen use at least an hour before bedtime.

It's better to switch all screens in the house off one hour before bedtime. if necessary for urgent calls, it's enough to keep a feature phone or landline phone.

12. Turn off the internet when not in use

Turning off the internet when not in use can be helpful in avoiding phone usage for non-essential activities and focusing on more important tasks. The home wi-fi connection can be switched off and the mobile internet connection also can be brought under your control by the help of some parental control apps (if any) or some other means.

This may be effective in some cases, but not always. Smartphones can be loaded with enough contents and apps to keep them entertained even if internet is not available. You will have to take other steps to make the phones less entertaining by controlling the contents, setting-up a limited user space, removing some apps or limiting their usage by remote / parental control apps.

13. Alternate routines to stay unplugged

Does your child automatically grab a device the moment they get home from school? Start a new routine to replace this. Many children are more likely to follow set routines, so if some ‘screen-first’ routine is set unconsciously or without you being aware of the same, try to set new positive routines without screens, follow-up and help them develop it into their new routine.

Try to make the new suggested routine equally or more attractive to the kid, compared to the screen-use. It’s important that they should be happy with it. After school hours they tend to be tired mentally, and the screens can provide them some kind of relaxation. In this case, if you try to grab the screens forcefully from them, it may not be successful in long term. Instead, if you suggest or direct them to an attractive alternative that can bring them some relaxation, it can possibly work.

14. Screen as a privilege rather than a right

If you find that your child is spending too much time in front of screens, you may want to consider making screen time a privilege rather than a right. This means that your child would have to earn screen time by completing tasks or behaving in a certain way. For example, you may require your child to read for 30 minutes before they can use the computer for 30 minutes.

There are a few benefits to this approach. First, it can help teach your child that they need to balance their time and focus on different activities. Second, it can motivate your child to complete tasks that they may not otherwise be enthusiastic about. Finally, it can give you more control over how much screen time your child has each day.

Of course, there are also some drawbacks. For instance, if you make screen time a privilege, your child may feel like they're being punished. You need to take additional measures or modify your language to avoid such feelings. Additionally, this

approach requires more parental supervision and involvement than simply setting limits on screen time.

15. If given for education purpose, be watchful

When phone is given for homework or other educational purposes, make sure they are not on other things, apps or games, which can increase their screen time and lead to distractions.

Make sure that while opening YouTube or such other apps, they don't automatically play other videos. This can easily lead to increased use of the screen, as your child may get distracted by watching such videos instead of completing their work. To prevent this, you can either disable autoplay altogether, or only allow certain channels or age-appropriate content to be played.

When phone is used for home work purpose, get them seated near you, not alone. This will help you monitor their usage and also keep them focused.

16. When other kids gather, limit amount of screen

When your children's friends or children in the family gather at your house, limit the amount of time they play video games and watch screen. If we fail to make some deliberate actions or plans, it can happen easily that they all resort to screens together in some games or movies, wasting a golden opportunity to have some enthusiastic physical movements or off-screen games as they are many in number, especially if it's a rare or infrequent opportunity for your kid.

Plan other activities that the kids can do when they are many in numbers, such as outdoor plays, group activities, or crafts. Help them engage in such activities or games as many of the modern day kids have lost the natural tendency to go physical and outdoors even if they gather together, as their default mindset has been fixed to resort to screens whenever they get a chance.

If they are to play on the screen together, set a timer for the duration of the game session and stick to it.

Encourage breaks every 20-30 minutes so that everyone can move around and take a break from the game.

17. Keep log of screen time versus active time

One way to help kids be aware and serious about screen time is to have them keep a log of their screen time versus active time. This can be done through a journal or a simple spreadsheet. Encourage your child to take note of when they are using screens and when they are participating in physical or mentally active activities off screen.

To give your child the motivation to keep their log and stay active, offer rewards for their progress. This could be anything from a special outing or a new toy for every specific amount of physical activity time. Reinforcing and appreciating their efforts will help them stay engaged and keep their log up to date. Let them know how proud you are of them for taking the initiative to track their screen

time, having a schedule and record for life and for actively engaging in other activities.

18. Deal with violation of screen rules

If you have rules about screen time for your children, it's important to discuss the consequences of breaking those rules with them. Kids should be aware of the consequences that come with breaking those rules and should be motivated to comply with the rules in order to avoid any inconvenience.

When setting rules and expectations, it is important to be mindful of the fact that our children should not be punished in a way that will negatively affect them mentally and emotionally. Instead, the punishment should be in the form of age-appropriate inconveniences and/or restrictions on their screen access. For example, a child who breaks the rule of not using screens after 8pm might have their screen time limited until the following day, can be banned from using their favorite apps or

programs or will have to do extra chores around the house.

Parents also need to ensure that their kids understand that the rules and punishments are there, in order to help them develop healthy screen habits. Kids should be motivated to obey and comply to the rules because of the measures we take against their violations.

We can also use rewards as a way to motivate obeying the rules. We could give our kids a reward if they follow the rules, such as extra screen time (within limits!) or a special treat. The reward should be something they can look forward to, and it should be proportionate to the effort they put in to following the rules.

Finally, it's important to be consistent with our rules and expectations. We need to make sure that our rules are fair and that our punishments and rewards are consistently applied. If we are inconsistent, our kids will get confused and might not understand why they are being punished for breaking a rule.

19. Seek help of teachers

Teachers can help create awareness about healthy screen habits. They can educate students on the importance of using screens responsibly, such as using them for educational purposes, avoiding overuse and being aware of their online activities and the possible risks associated with them. Teachers can also provide guidance on how to limit screen time and how to use it responsibly. Additionally, teachers can provide resources on how to set family rules and guidelines and implement appropriate punishments for violations.

Parents can request teachers to set up a weekly check-in with parents to track screen time and discuss digital habits. This can help parents stay on top of their children's screen use and make sure they're developing healthy habits.

They can also provide positive reinforcements for good digital habits and punishments for violations. Teachers can create a system of rewards and punishments for appropriate digital use and less

screen time. Rewards can include bonus points, extra privileges, or special activities. Punishments can include loss of privileges, extra chores, or extra off-screen activities.

20. Let them be part of discussions

Get the children be part of discussions of the family regarding importance of reducing screen time and how to do it without much inconvenience, having more family time and increasing off-screen and physical activities, as well as consequences of breaking rules. All can come up with creative solutions that work for everyone involved. The kids may feel a kind of responsibility as they are also part of the decision-making process, which may make them more likely to follow the rules set by themselves in a sense.

Some ideas to get the conversation started can be as follows. What are the effects of too much screen time on children? How can we limit screen time in a way that works for everyone? What are some fun

activities that don't involve screens? How can we make sure the young ones are getting enough social interaction?

Let parents or teachers make one-to-one discussions with the kid, if found necessary, especially in the case of kids who shows difficulty in managing screen behavior or complying to rules. It's also helpful to have regular, one-on-one discussions with your child about their mobile phone use, in a friendly manner that the kid feels comfortable.

This will help you stay up-to-date on how they're using their phone, what apps they're using, who they're communicating with, and any other concerns you may have. Make sure to set aside a time each week to talk with your child about their phone use, and be sure to listen carefully to what they have to say.

21. Consistency is key

As mentioned earlier, when it comes to controlling measures, consistency is key. It is important to be consistent with rules and not be strict one day and absent-minded the next.

It's important to be consistent with disciplining your children. If you tell them that they will get a reward for good behavior, or be punished for bad behavior, make sure you follow through. Otherwise, they'll quickly learn that your threats and promises are empty, and they won't take you seriously. If a child uses a screen when they're not supposed to, there should be a consequence such as losing screen time for the day or week.

By being consistent with rules around screen time, children will learn that this is an area where they cannot negotiate. It's important to be firm but also fair, and to remember that these rules are in place for the child's benefit.

This doesn't mean that you have to be overly strict or punitive; only thing is to make sure that there are consequences for their actions, good or bad. This will help them develop responsibility and understand the importance of following rules.

Both parents need to be on the same page and work together in setting limits and making a family plan for screens. One parent being more lenient than the other can be confusing to the kids and make it harder to stick to the plan overall. Having regular family meetings or conversations about screen time can help keep everyone on the same page and reduce discord.

Beyond setting limits, it's important to remember that kids will test these limits. Have a plan in place for what happens when someone breaks the rules, and be consistent with enforcing consequences. Kids need to understand what to expect if they don't follow the rules, and this will help keep them in check.

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Reducing screen time for children requires a team effort from parents. By being consistent with each other and with enforcing rules, the process gets easier.

Working on Yourself

In order to shape our kids as responsible digital citizens and develop healthy habits in them, it will not suffice to focus on them, controlling them or even punishing them. To be successful in such a mission, we, as parents need to modify and improve ourselves and correct our habits, making us role models in front of our kids. Also, we will have to learn and develop our skills to engage them and help them grow positively, like our skills in storytelling, cooking or gardening.

One of the major ways kids learn and shape their personality, behaviors and habits is through modelling and copying, consciously and unconsciously. They naturally tend to copy and follow our actions and life styles rather than our words and commands.

As a parent, it's important to set a good example for our children when it comes to using mobile phones as well. All the sections and ideas discussed in this e-book are applicable to ourselves to some extent. So, together

with thinking how to apply each of the ideas in our kids, we need to think how it can be possibly applied in our personal case.

We will have to avoid using phone in front of the children as much as possible, and instead focus on face-to-face interaction. Additionally, we need to try to limit our own screen time so that our kids don't get a chance to model us as constantly attached to the digital device. Explaining and modelling the importance of moderation and balance to the kids, and letting them know that we are there for them if they have any questions or concerns, we can move closer to the aim of ensuring the children use screens in a healthy and responsible way.

1. Limited use of phone when children are around

It can be difficult to keep children away from smartphones, especially if they see you using one frequently. So, it is important to limit your use of phones when they are around. Lead by example and put your own phone away, as possible, when they

are present. We need to show our children that we are conscious of the amount of time we spend on our phones and that we are dedicated to using them in moderation.

While there's nothing wrong with using your cell phone in front of your kids from time to time, it's important to be aware of how much importance you're giving it. If you're constantly on your phone or checking notifications while you're with your kids, they can probably see it as more important for you than spending time with them. To avoid this, make a conscious effort to put your phone away and give your full attention to your kids when you're with them. Let them know that they're the priority and that you're there to spend time with them, not your phone. They need your attention and they need to know that they're important to you. Otherwise, they can unconsciously or consciously think that their phone is more important than anything else in their lives.

We can keep our phone out of sight and reach, and make sure that we are always present in the moment and available to our children. We can also keep our phone on silent when our children are around, and make sure that we don't use it during meals, family time, or any other important moments. When we have to use it in front of them, try to let them understand that you use it in a positive way, for official, educational and informative purposes. We can show our children that our phones can be used for more than just entertainment, but still in a moderate manner.

It can sometimes be difficult to put the phone away when our children are around, especially when we have so many digital responsibilities, like answering emails or responding to messages. But when we make an effort to manage our own phone use, it sends a strong message to our children that we value their presence more than our phone.

You should also encourage your children to put away their phones during times when they are

spending quality time with you. Explain to them why it is important to spend time without their phones, and talk to them about the importance of building strong relationships with family and friends.

2. Are you the addict, not the kid, actually?

In some cases, parents are more likely to be addicted to their smartphones than their children are. Even if technically not addicts, some parents are more likely to use their phones in an "addictive" way.

If you are among those, you are not setting a good example for the children. You need to be mindful of your own smartphone use and set boundaries around it so that the children can learn from it.

Most parents are guilty of using their own devices in front of their children, in a way that, suppose the kids have enough maturity and responsibility and are given sufficient power to command over you,

they will surely find yourself addicted to the phone and take measures against you!

Whether it's to check their work email, post on social media, or play a quick game of words, what parents may not realize is that their screen time can have a negative impact on their children. While there's no need to ban all screen time, it's important to be aware of how often you're using your own devices in front of your children. If you find yourself frequently pulling out your phone or tablet when you're with your kids, try to put it away and reduce the addiction or inclination to resort to the phone.

Some of the following tips can help you. Keep your phone out of sight when you're spending time with your family or friends. When you're at home, put your phone away in another room so you're not tempted to constantly check it. Set specific times for checking your phone and stick to them. Resist the urge to constantly check it for notifications. Allow notification access to only very necessary apps and

remove permission of all other apps or keep them all silent.

3. Are you neglecting your kid?

If your kid is asking for the phone every 30 minutes, it can be an indication that you don't spend enough time with the kid and do not provide her enough attention. Sometimes it means that the kid feels neglected and is seeking attention, and no one in your home is giving the poor kid enough attention and support. Analyze your kid's situation, it can be dangerous.

Try to set aside some time each day to spend quality time with your child, without any screens or devices. Talk to them, listen to them, and play with them. This will help reduce their phone usage, and make them feel loved and valued.

It's important to remember that children are not self-learning robots or toys; they rely on you for guidance, support and care. Don't take this responsibility lightly - invest time in your child

every day and encourage them to explore the world around them. As a parent, it is your responsibility to ensure that your child is getting the care, support and attention they need to thrive.

Remember, The World Wide Web is a vast and sometimes dangerous place. By having a phone, children as young as 6 and 7 have potential access to porn. Do you really want your child to have access to everything on the Web? If not, as a parent, you need to plan and take action.

4. Take away/ switch off all phones for 48 hours

In this day and age, it's hard to go anywhere without seeing someone on their phone. We're constantly tethered to our devices, and it can be hard to break away from them – even for just a little while. But sometimes, it's important to take a break from technology and disconnect from the world. That's why we're challenging you to take away all phones for 48 hours!

This may sound like a daunting task, but it'll be worth it. Taking a break from your phone can help you reset and recharge, and you may even find that you enjoy the peace and quiet! Plus, it'll be a great opportunity to connect with your family and friends without distractions. You will find it more enjoyable to be with your kids, telling stories, listening and playing with them. They will surely appreciate it.

5. Learn storytelling and tell them stories

One of the effective ways to counter excessive screen usage of kids is to promote positive off-screen activities. Storytelling is a great activity that encourages imagination and creativity, while also handing over values and inspiring messages. But if you're not used to telling stories, it can be intimidating to start.

The first step to becoming a great storyteller is to start by learning how to tell stories yourself. There are lots of great resources out there to help you. You

can find books and websites with tips and techniques on how to tell stories, and you can attend workshops and classes to help you become a master storyteller.

Once you've mastered the fundamentals, it's time to find some good stories and histories to tell your kids. Look for stories that share values and inspire them to be the best they can be.

Make sure you create a comfortable and inviting atmosphere for your kids where you can both relax and enjoy the stories. Speak in an animated voice, and use facial expressions and gestures to help your stories come to life.

As you tell stories to your kids, don't forget to listen to their reactions and questions. Engage with them as much as you can and be open to their interpretations. When kids feel comfortable telling and listening to stories, they develop storytelling skills that will help them in other areas of life.

By learning to tell stories yourself and finding good stories and histories to share with your kids, you can

reduce their screen time and help them become healthy and productive citizens. Read stories to them before bed, or have storytelling sessions on the weekend. However, it is important to remain vigilant about the contents of stories and make sure that they are suitable for your children.

Finally, the most important thing to remember when telling stories to our kids is to be patient. Don't rush the story. Take time to answer questions and explain any difficult concepts.

Conclusion

So, to conclude, kids' excessive screen time is not a disease without cure. It's the result of modern changes, as well as our lack of awareness or proper care. Our poorly set boundaries also contribute to screen addiction in the kids. In addition, it is our failure as parents as we are 'too busy' to give enough time and thought to our own kids.

It's easy to blame technology, but the truth is, technology is here to stay. So, instead of blaming it, we need to take proactive steps to reduce screen time, stop screen addiction and build positive and healthy habits in the children. As time and technology keep changing, we cannot remain changeless or resistant to change in our actions, thoughts and our ways to respond to new challenges. We will have to constantly learn, modify ourselves, adapt to the new situations and find pro-

active ways to deal with the new challenges the technology can bring in.

We have discussed more than a hundred ways to reduce screen time and stop screen addiction in this e-book, and there must be hundreds more if you are committed to find. To get more ideas suitable to your family and situations, you can have a brainstorming session with your family members, and such a session can be more fruitful if you sit for the brain-storming after everyone concerned has read the tips discussed in this e-book.

By implementing these solutions, we can reduce screen time, stop screen addiction and build positive and healthy habits in the children, enabling them to grow into responsible citizens. We can use these solutions to ensure that our children are spending their time in a meaningful and healthy way, and that they are better equipped to face the challenges of the future.

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