



Child and Parent Centre  
Banksia Grove



# Healthy Screen-time Habits

for parents and carers with  
children aged 2-12 years

Monday  
18 May  
9:00am  
to  
11:00am

Crèche  
available

This session will give you practical tips to help children use devices responsibly and to keep screen-time from replacing other important activities like play, sleep and family time.

In this session, you will learn:

- ✓ How to set healthy screen-time habits
- ✓ How to manage the amount of time spent on screens and keep children safe online
- ✓ Simple strategies for common screen-time challenges

Bookings essential

call: 9367 0964

or email:

[Banksiagrove@ngala.com.au](mailto:Banksiagrove@ngala.com.au)

Child and Parent Centre

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