

Should I let my kids play Fortnite?

How much screen time should they have?

If these are questions you've pondered keep reading! As a mother of three primary school age children and psychologist (who works with many adolescents) I am well aware of the challenges around managing screen time.

"Can I get this game? It's fine, everyone's playing it!" If you find it hard to make the decision whether a game is suitable or not my **first tip** is to follow [The Cyber Safety Lady on Facebook](#) and access the [eSafety iParent website](#) for easy to understand and up to date information and reviews of all games and apps..

Go to this link for the **Cyber Safety Lady's** detailed review of Fortnite: www.bit.ly/fortnitereview





"Can't I just finish this game? Everyone else has more screen time than me!" - I hear this all the time in my household. If you find it challenging to sort out how much screen time your kids should have, my **second tip** is to consider these recommendations below. It may shock you how little is recommended! Be aware they are general and do not take into account school based educational screen time.

It is recommended (according to Australian National Physical Activity and Sedentary Guidelines 2014, American Academy of Paediatrics 2016 and Royal Childrens Hospital Melbourne 2017)

- 2-5 yr olds - less than an hour screen time a day
- 5-17 yr olds - 2 hours screen time a day
- Consistent limits on **time** and **type** of media they use

My **third tip** is to have a look at my **4 W's** which will help guide you setting limits as recommended around screen time.

Setting Screen Time Boundaries and Limits

- Where** Keep devices in a central area so you can supervise - Designate screen free zones (NO devices in bedrooms), is at the dining table acceptable in your family? 
- What** Prioritise high quality, interactive, educational & age -appropriate content (for example ask yourself is that level of violence okay for my child given age and development?) 
- When** Schedule screen free days, must have 1 hour break before bed, allow max 1 hour continuous session then break, turn off devices when not actively being used, not during meal times to allow for communication 
- Who** Look at who they are playing or communicating with (my bottom line for my kids with Fortnite is that they play only with known friends - this requires close supervision!) 

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My best advice though - it's tough, actually dementing! - but stand up as the parent and keep your boundaries firm.



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