

Knowing Where the Time Goes - Calendar

Technology is a tool for fun and learning. How do you use it in your home?

Learning and fun happen inside and outside the home. Technology is so captivating, stimulating, and all consuming. Your child needs direction and guidance about how to make sure their days are balanced and healthy.

Use this schedule to set the rules for technology in your home.

Time limit agreements may include:

- I do not play on technology before school in the morning.
- I do not play on technology after ____ at night.
- I am allowed no more than ____ hours of technology during the school week.
- I am allowed no more than ____ hours of technology on weekends.
- I am allowed no more than ____ hours of technology on school holidays.
- I am allowed no more than ____ hours of television during the school week.

You might decide to only have technology use for homework during the school week.

In 2010 Keiser Foundation Research found that primary aged children spent an average of 7.5 hours a day on entertainment technology (including TVs, which are often in their bedrooms). This impacts their sensory and motor development. It makes children accustomed to sedentary yet high speed, chaotic sensory stimulation, making self-regulation and maintaining attention in schools more difficult.

“Four critical factors necessary to achieve healthy child development are movement, touch, human connection and exposure to nature” (Rowan 2013 – The Impact of Technology on the Developing Child)

This is a great opportunity to reinforce the idea of balance and find out the things your child loves to do. You might find some new activities to enjoy together. We adults could use some balance too. Who doesn't love to ride a bike or throw a ball in the park (monkey see, monkey do).

Fill in your answers, and print off this calendar so that the rules are clear in your home.

Have your child/children insert their name at the top of the calendar. Like any change, this works best when they get a say in the decision (but the adult's word is final once the decision is made). **It's better to create great habits early than to try to break bad habits later.** For further information on screen time visit the [eSafety website](#).



I _____ agree to use technology only during these times (add your child's name)

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Technology during school term							
Turned off:							
Technology during school holidays							
Turned off:							
Other activities							

Things we love to do – inside and outside; (read, play with friends, go to the park, play board games or cards, do craft, dance, sing, bake, play Lego, draw, colour in, swim, run, climb, swing, slip, surf, fish, go to the movies, ride your bike, build a fort, help mum and dad)