

Family screen-use agreement

Swap the daily screen-time argument for rules everyone agreed to in advance. Fill this in together on a calm day, sign it, and stick it where the devices charge.

1 Screen-free times and places

Tick the ones your family agrees to.

- ☐ Meals at home and out ☐ The hour before bed ☐ Bedrooms at night ☐ In the car on short trips
☐ Before homework is done ☐ When friends visit ☐ Our own: _____

2 How much, for whom

Child	School days, outside school	Weekends and holidays	Apps and shows that are OK

3 When time is up

- ☐ A five-minute warning, then devices go back to the charging spot
☐ Finish the episode or level, not start a new one
☐ If time is up and there is an argument, the next session is shorter
☐ Devices charge overnight at: _____

4 The grown-ups promise too

- ☐ Our phones stay off the table at meals
☐ We look up and listen when you talk to us
☐ We sit with you sometimes and watch or play together
☐ We will review this agreement with you on: _____

Signed _____ Signed _____ Signed _____

Setting limits that fit Singapore's guidance

Use MOH's guidance as your starting point when you fill in the limits, then add what suits your family.

1 What MOH recommends

- Children aged 3 to 6: less than one hour of screen use a day outside of school.
- Children aged 7 to 12: less than two hours a day, unless it is for schoolwork.
- Parents should not give children unrestricted access to mobile devices, or any access to social media services.
- MOH's full advisory covers children from birth to 12, including the youngest ages; read it for your child's age group.

2 Swap a screen for this

- ☐ A walk to the playground or void deck
- ☐ Card games or a board game
- ☐ Build a fort with cushions and bedsheets
- ☐ Draw a comic about your day
- ☐ Help cook dinner
- ☐ Dance to three songs
- ☐ A library trip
- ☐ Call a grandparent

3 This week's screen log

Child	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Sources: MOH, Grow Well SG To Support Families In Building Healthy Habits In Children (press release, 21 January 2025), moh.gov.sg/newsroom/grow-well-sg-to-support-families--in-building-healthy-habits-in-children-; MOH, Guidance on screen use in children (updated January 2025), moh.gov.sg/others/resources-and-statistics/guidance-on-screen-use. Both checked 10 October 2026.