

eSmart Digital Literacy Parent Resource

Managing digital wellbeing Keeping things balanced

Australian	Level 1	Level 2	Level 3
Australian Curriculum Alignment	Manage the wellbeing of self by following adult directions at school and home to implement healthy practices with their use of tools.	Manage the wellbeing of self and others by participating in the creation of rules and applying them at school and home to implement healthy and manageable practices with their use of tools.	Manage the wellbeing of self and others by following an agreed code of conduct to support healthy and manageable practices with their use of tools.

Resource

Using digital devices can be a positive part of your child's life, but just like anything, it's important to keep things in balance. Read this article for tips on how to promote balance.

• School-age screen time: tips for balance | Raising Children Network



ey points

- Screen time and digital technology use can be part of a healthy lifestyle when balanced with other activities.
- Activities that are important for children's development include physical play, creative play, reading, socialising and sleep.
- Family rules can help you balance screen time and other activities for children.

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