

PARENTING NEWSLETTER

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Dear Parents

As we return after the festive Diwali break — a time of lights, laughter, and perhaps a little extra screen time for our children — it's the perfect moment to pause and reflect.

In our increasingly digital world, screens have become part of our daily rhythm — for learning, connecting, relaxing, and sometimes just passing the time. Whether your child is in Grade 1 or Grade 12 (or beyond), the question isn't really "Should they ever use screens?" but rather "How can we help them use screens wisely and in balance?"

This month, we explore how to guide children and teens of every age toward healthy screen habits, grounded in research and rooted in respect for the unique needs of each child and family.



IN OUR HOMES AND LIVES, SCREENS ARE HERE TO STAY — AND IN MANY WAYS, THEY BRING TREMENDOUS BENEFITS. WHAT WE CAN OFFER OUR CHILDREN IS SOMETHING EVEN MORE VALUABLE: THE ABILITY TO USE SCREENS THOUGHTFULLY AND RESPONSIBLY, BALANCED WITH REAL LIFE, REAL RELATIONSHIPS AND REAL REST.

Why It Matters: What the Research Says



- A recent meta-analysis found that children and adolescents globally had their screen time increase by about 1.4 hours each day during the pandemic — an increase of roughly 50 %.
- In India, children under the age of five are reported to spend on average 2.2 hours per day in front of screens — double the safe limit recommended by experts.
- Among older children (age 12-17), studies show that spending four or more hours a day on non-school screen use is linked with a higher risk of poor sleep, less physical activity, and mental-health concerns like anxiety and depression.
- Research shows that 90% of studies examining screen time and sleep found a negative association — more screen time often means shorter or later sleep for kids and teens.

These findings don't mean screens are “bad” — but they do suggest that how screens are used, when, and in what context make a big difference.

Gentle Suggestions for Families of All Ages

Set Shared Routines – Keep screens away during meals and before bedtime for better rest and family bonding.

Encourage Real-World Fun – Games, sports, and creative hobbies keep children engaged beyond screens.

Be the Role Model – Let your child see you disconnect and enjoy offline moments too.

Talk About Screen Content – Ask what they're watching or playing — and how it makes them feel.

Focus on Balance, Not Perfection – Some days will be screen-heavy, and that's okay! Stay aware and seek help if overuse turns into dependency.

If you notice signs of screen addiction, do reach out to the school or a psychologist for timely support.