

## Deal with dinner time distraction



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### Six quick tips

to help you set boundaries around screen time – for more enjoyable meals together and happier, healthier children:



1. Agree a daily routine with your child, so they know when meals and screen time are.
2. Set timers for screen time and be sure to stick to those boundaries.
3. Give them pre-dinner warnings, like "dinner is in 10 minutes", "5 minutes" etc.

4. Build up time away from screens - start with half the meal without and increase gradually.
5. Try to make dinner engaging - make conversation, play games or do a quiz.
6. Allow movement breaks if needed, to keep them engaged with eating without a screen.



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